



CLOVIS UNIFIED SCHOOL DISTRICT ELEMENTARY SCHOOL MENU—DECEMBER 2009

BREAKFAST CHOICES:

- MON: **Breakfast Pizza
- TUES: Pancake/SausageStick
- WED: **Egg/Ham/CheeseBar
- THURS: French Toast Sticks
- FRI: Breakfast Burrito

Daily Choices:

Cereal, Fruit, 100% Juice, & Milk

ELEMENTARY MEAL PRICES:

- Breakfast Prices: \$1.00
- Reduced: \$0.30
- Lunch Prices: \$2.25
- Reduced: \$0.40
- 2nd Lunch: \$3.50
- Milk a la carte: \$0.40

We encourage you to prepay for your child(ren)'s meals.

NUTRITION INFORMATION:

The weekly nutritional analysis of this menu meets the RDA's for calories, protein, calcium, iron, vitamins A & C, & is <30% of calories from fat. Your child will have a choice of an entrée, two side dishes & milk for



breakfast & lunch. We offer: Tyson

- All Beef Hamburgers;
- Tyson Chicken Patties, Nuggets, & Tenders;
- Foster Farms Whole Grain - Low Fat Chicken Corndogs;
- Your child may be served an alternate meal if he/she has a negative balance or does not have money for meals.

**May contain pork.

MENU SUBJECT TO CHANGE

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Breakfast for Lunch **Breakfast Pizza Mini Maple Pancakes Tator Tots w/Ketchup Spiced Apples Milk	2 Cheese-filled Breadsticks w/Marinara Chicken Patty Sandwich Green Salad w/Spinach Dried Cherries Fresh Orange Milk	3 Turkey & Gravy w/ Mashed Potatoes Bean & Cheese Burrito Dinner Roll Glazed Carrots Milk	4 Chicken Tenders Soft Pretzel w/Cheese Sauce Oven Baked Fries Apricot Cup Milk
7 **Pizza Pockets Teriyaki Chicken Rice Bowl Corn Pineapple Milk	8 Chicken Quesadilla Nachos w/Cheese Sauce Refried Beans Salsa Apple Crisp Milk	9 Chicken Patty Sandwich Bean & Cheese Burrito Green Salad w/Spinach Fresh Orange Milk	10 Spaghetti Tacos Corndog Baby Carrots Apricot Cup Milk	11 Cheeseburger Chicken Nuggets w/ Dipping Sauce Tator Tots w/Ketchup Peaches Milk
14 Chicken Tenders w/Dipping Sauce Ciabatta Cheese Bread Refried Beans, Salsa Fresh Apple Milk	15 Turkey & Gravy w/ Mashed Potatoes Dinner Roll Corn Dried Cranberries Holiday Cookie Milk	16 Chicken Patty Sandwich Soft Pretzel w/Cheese Sauce Baby Carrots Apricot Cup Milk	17 Breakfast for Lunch **Breakfast Pizza Mini Maple Pancakes Tator Tots w/Ketchup 100% Fruit Juice Milk	18 Supervisor's Choice Corndog Bean & Cheese Burrito Green Beans Giant Cinnamon Goldfish Milk
21 	22 	23 Winter	24 	25 
28	29	30 Recess	31	

“Be the Best You Can Be in Mind, Body & Spirit!”

Keep active for 60 minutes each day during winter recess and limit screen time (TV, video games, computer). You may want to take a walk, go jogging, play ball, jump rope, rake leaves, pull weeds, dance to your favorite music, play at the park, go bowling, go skiing, go skating, and/or ride a bike. **Remember to be safe and have fun while being active!**

This institution is an equal opportunity provider.