

CVCC Café Menu –September 2023

MENU PRICES

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| 4 Labor Day No School | 5 Chicken Burrito w/rice, cheese, lettuce, tomatoes, salsa, queso and light sour cream Seasoned Corn Cucumber Slices w/ranch dip Pineapple Chunks Seasonal Fresh Fruit Chocolate or White Milk | 6 Turkey Club w/bacon, lettuce, tomato & Italian dressing Seasoned Broccoli Sweet Potato Fries Mandarin Orange Cup Seasonal Fresh Fruit Chocolate or White Milk | 7 Rotini w/meatballs and marinara Garlic Breadstick CA Blend Tossed Side Salad Frozen Fruit Juice Cup Seasonal Fresh Fruit Chocolate or White Milk | 8 Popcorn Chicken Mashed Potato Bowl w/gravy Whole Grain Roll Seasoned Green Beans Celery Sticks w/PB Fruit Cup Seasonal Fresh Fruit Chocolate or White Milk |
| 11 Cojack Cheeseburger w/lettuce, tomato and pickles Baked Beans French Fries Tropical Fruit Cup Seasonal Fresh Fruit Chocolate or White Milk | 12 Beef Soft Taco w/rice, cheese, lettuce, tomatoes, black beans, queso, salsa and light sour cream Seasoned Corn Cucumber Slices w/ranch dip Pineapple Chunks Seasonal Fresh Fruit Chocolate or White Milk | 13 General Tso's Chicken Rice Bowl w/shredded carrots Egg Roll Seasoned Broccoli Baby Carrots w/ranch dip Mandarin Orange Cup Seasonal Fresh Fruit Chocolate or White Milk | 14 Chicken Alfredo Garlic Breadstick CA Blend Tossed Side Salad Frozen Fruit Juice Cup Seasonal Fresh Fruit Chocolate or White Milk | 15 Cheesy Bread w/marinara Seasoned Green Beans Celery Sticks w/PB Fruit Cup Seasonal Fresh Fruit Chocolate or White Milk |
| 18 Staff Inservice No School | 19 Loaded Beef Nachos w/cheese, lettuce, tomatoes, queso, salsa and light sour cream Seasoned Corn Cucumber Slices w/ranch dip Pineapple Chunks Seasonal Fresh Fruit Chocolate or White Milk | 20 Chicken and Waffle w/syrup Tater Tot Juice Box Mandarin Orange Cup Seasonal Fresh Fruit Chocolate or White Milk | 21 Italian Pepperoni Calzone w/marinara CA Blend Tossed Salad Frozen Fruit Juice Cup Seasonal Fresh Fruit Chocolate or White Milk | 22 Buffalo Chicken Mac & Cheese Bowl Garlic Toast Seasoned Green Beans Celery Sticks w/PB Fruit Cup Seasonal Fresh Fruit Chocolate or White Milk |
| 25 Pretzel Bacon Cheeseburger w/lettuce, tomato & pickles Baked Beans French Fries Tropical Fruit Cup Seasonal Fresh Fruit Chocolate or White Milk | 26 Chicken Burrito w/rice, cheese, lettuce, tomatoes, black beans, queso, salsa and light sour cream Seasoned Corn Cucumber Slices w/ranch dip Pineapple Chunks Seasonal Fresh Fruit Chocolate or White Milk | 27 Turkey Club w/bacon, lettuce, tomato & Italian dressing Seasoned Broccoli Sweet Potato Fries Mandarin Orange Cup Seasonal Fresh Fruit Chocolate or White Milk | 28 Rotini w/meatballs and Marinara Garlic Breadstick CA Blend Tossed Side Salad Frozen Fruit Juice Cup Seasonal Fresh Fruit Chocolate or White Milk | 29 Popcorn Chicken Mashed Potato Bowl w/gravy Whole Grain Roll Seasoned Green Beans Celery Sticks w/PB Fruit Cup Seasonal Fresh Fruit Chocolate or White Milk |
| Monday Express Lunch Pizza Chicken Patty Yogurt Lunch Lunch Salad You must take a fruit and/or vegetable with every lunch | Tuesday Express Lunch Pizza Cheesy Bread Yogurt Lunch Lunch Salad You must take a fruit and/or vegetable with every lunch | Wednesday Express Lunch Pizza Mozzarella Sticks Yogurt Lunch Lunch Salad You must take a fruit and/or vegetable with every lunch | Thursday Express Lunch Pizza Chicken Leg w/BBQ Yogurt Lunch Lunch Salad You must take a fruit and/or vegetable with every lunch | Friday Express Lunch Pizza Chicken Patty Yogurt Lunch Lunch Salad You must take a fruit and/or vegetable with every lunch |

Lunch- \$3.00
 Student milk- \$.50

Adult Lunch- 4.75

Adult Milk- .60

Additional beverages and snacks available for an extra charge

NEWS



NUTRITION UPDATE

*Students **must** select **at least one** fruit and/or vegetable serving with each meal.

*All grains offered are whole grain rich.

*Healthy vegetables offered weekly include dark green, red/orange and legumes.

*Milk offered daily is 1% or fat free.

*Fresh fruits and vegetables served daily

Please note that menus are subject to change without notice due to season and availability.

This institution is an equal opportunity provider.