

CVCC Café Menu–October 2023

MENU PRICES

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| 2 Cojack Cheeseburger w/lettuce, tomato and pickles Baked Beans French Fries Fruit Cup Seasonal Fresh Fruit Chocolate or White Milk | 3 Beef Soft Taco w/rice, cheese, black beans, queso, lettuce, tomato, salsa & light sour cream Seasoned Corn Cucumber Slices w/ranch Pineapple Chunks Seasonal Fresh Fruit Chocolate or White Milk | 4 General Tso's Chicken Rice Bowl w/shredded carrots Egg Roll Sweet Potato Fries Seasoned Broccoli Mandarin Orange Cup Seasonal Fresh Fruit Chocolate or White Milk | 5 Choice of Hot Dog or Meatball Sub CA Blend Tossed Side Salad Frozen Fruit Juice Cup Seasonal Fresh Fruit Chocolate or White Milk | 6 Cheesy Bread w/marinara Seasoned Green Beans Celery Sticks w/PB Fruit Cup Seasonal Fresh Fruit Chocolate or White Milk |
| 9 Roadhouse Burger w/lettuce and tomato slice Baked Beans French Fries Fruit Cup Seasonal Fresh Fruit Chocolate or White Milk | 10 Loaded Beef Nachos w/queso, lettuce, tomatoes, salsa, & light sour cream Seasoned Corn Cucumber Slices w/ranch Pineapple Chunks Seasonal Fresh Fruit Chocolate or White Milk | 11 Chicken and Waffle w/syrup Tater Tots Juice Box Mandarin Orange Cup Seasonal Fresh Fruit Chocolate or White Milk | 12 Italian Pepperoni Calzone w/marinara CA Blend Tossed Side Salad Frozen Fruit Juice Cup Seasonal Fresh Fruit Chocolate or White Milk | 13 NEOEA Day No School |
| 16 Pretzel Bacon Cheeseburger w/lettuce and tomato Baked Beans French Fries Fruit Cup Seasonal Fresh Fruit Chocolate or White Milk | 17 Chicken Burrito w/rice, cheese, black beans, queso lettuce, tomato, salsa & light sour cream Seasoned Corn Cucumber Slices w/ranch Pineapple Chunks Seasonal Fresh Fruit Chocolate or White Milk | 18 Turkey Club w/bacon, cheese, lettuce, tomato slice and Italian dressing Sweet Potato Fries Seasoned Broccoli Mandarin Orange Cup Seasonal Fresh Fruit Chocolate or White Milk | 19 Rotini w/meatballs Garlic Roll CA Blend Tossed Side Salad Frozen Fruit Juice cup Seasonal Fresh Fruit Chocolate or White Milk | 20 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 |
| 23 Cojack Cheeseburger w/lettuce, tomato and pickles Baked Beans French Fries Fruit Cup Seasonal Fresh Fruit Chocolate or White Milk | 24 Beef Soft Taco w/rice, cheese, black beans, queso, lettuce, tomato, salsa & light sour cream Seasoned Corn Cucumber Slices w/ranch Pineapple Chunks Seasonal Fresh Fruit Chocolate or White Milk | 25 General Tso's Chicken Rice Bowl w/shredded carrots Egg Roll Sweet Potato Fries Seasoned Broccoli Mandarin Orange Cup Seasonal Fresh Fruit Chocolate or White Milk | 26 Chicken Alfredo Garlic Roll CA Blend Tossed Side Salad Frozen Fruit Juice Cup Seasonal Fresh Fruit Chocolate or White Milk | 27 Cheesy Bread w/marinara Seasoned Green Beans Celery Sticks w/PB Fruit Cup Seasonal Fresh Fruit Chocolate or White Milk |
| 30 Roadhouse Burger w/lettuce and tomato slice Baked Beans French Fries Fruit Cup Seasonal Fresh Fruit Chocolate or White Milk | 31 Loaded Beef Nachos w/queso, lettuce, tomatoes, salsa, & light sour cream Seasoned Corn Cucumber Slices w/ranch Pineapple Chunks Seasonal Fresh Fruit Chocolate or White Milk | Wednesday Express Lunch Pizza Mozzarella Sticks Salad or Yogurt Lunch You must take at least 1 fruit and/or vegetable | Thursday Express Lunch Pizza Chicken Leg w/BBQ Salad or Yogurt Lunch You must take at least 1 fruit and/or vegetable | Monday/Friday Express Lunch Pizza Chicken Patty Salad or Yogurt Lunch You must take at least 1 fruit and/or vegetable |

Lunch- 3.00
 Ala Carte 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.