


CVCC Café Menu–October 2024

Monday	Tuesday	Wednesday	Thursday	Friday
In addition, pizza, salad, and yogurt lunches available everyday(while quantities last). Chicken sandwiches, mozzarella sticks, cheesy bread, and chicken legs are also served as Express Lunch options, with at least one fruit and/or veggie, up to 2 of each, and you may take a milk.	1 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	2 General Tso's Chicken Rice Bowl w/shredded carrots Egg Roll Seasoned Broccoli Baby Carrots w/ranch Mandarin Orange Cup Seasonal Fresh Fruit Chocolate or White Milk	3 Italian Meatball Sub w/marinara and mozzarella CA Blend Tossed Side Salad Frozen Fruit Juice Cup Seasonal Fresh Fruit Chocolate or White Milk	4 Cheesy Bread w/marinara Seasoned Green Beans Celery Sticks w/PB Fruit Cup Seasonal Fresh Fruit Chocolate or White Milk
7 Roadhouse Burger w/lettuce and tomato slice Baked Beans French Fries Fruit Cup Seasonal Fresh Fruit Chocolate or White Milk	8 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	9 Chicken & Waffles w/syrup Tater Tots Juice Box Mandarin Orange Cup Seasonal Fresh Fruit Chocolate or White Milk	10 Italian Pepperoni Calzone w/marinara CA Blend Tossed Side Salad Frozen Fruit Juice Cup Seasonal Fresh Fruit Chocolate or White Milk	11 NEOEA Day No School
14 Bacon Cheeseburger w/lettuce, tomato & pickles Baked Beans French Fries Fruit Cup Seasonal Fresh Fruit Chocolate or White Milk	15 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	16 Italian Sub w/provolone, lettuce, tomato slice and Italian dressing Sweet Potato Fries Seasoned Broccoli Mandarin Orange Cup Seasonal Fresh Fruit Chocolate or White Milk	17 Pasta w/meatballs Garlic Roll CA Blend Tossed Side Salad Frozen Fruit Juice cup Seasonal Fresh Fruit Chocolate or White Milk	18 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
21 Cojack Cheeseburger w/lettuce, tomato and pickles Baked Beans French Fries Fruit Cup Seasonal Fresh Fruit Chocolate or White Milk	22 Beef Soft Taco w/rice, cheese, black beans, queso, lettuce, tomato, salsa & light sour cream Seasoned Corn Seasoned Corn Cucumber Slices w/ranch Pineapple Chunks Seasonal Fresh Fruit Chocolate or White Milk	23 General Tso's Chicken Rice Bowl w/shredded carrots Egg Roll Baby Carrots w/ranch Seasoned Broccoli Mandarin Orange Cup Seasonal Fresh Fruit Chocolate or White Milk	24 Italian Meatball Sub w/marinara and mozzarella CA Blend Tossed Side Salad Frozen Fruit Juice Cup Seasonal Fresh Fruit Chocolate or White Milk	25 Cheesy Bread w/marinara Seasoned Green Beans Celery Sticks w/PB Fruit Cup Seasonal Fresh Fruit Chocolate or White Milk
28 Roadhouse Burger w/lettuce and tomato slice Baked Beans French Fries Fruit Cup Seasonal Fresh Fruit Chocolate or White Milk	29 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	30 Chicken & Waffles w/syrup Tater Tots Juice Box Mandarin Orange Cup Seasonal Fresh Fruit Chocolate or White Milk	31 Italian Pepperoni Calzone w/marinara CA Blend Tossed Side Salad Frozen Fruit Juice Cup Seasonal Fresh Fruit Chocolate or White Milk	

MENU PRICES

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.

