

# CVCC Café Menu –September 2024

## MENU PRICES

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.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> <b>Labor Day</b> <b>No School</b>	<b>3</b> 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	<b>4</b> Turkey Club w/bacon, lettuce, tomato & Italian dressing Seasoned Broccoli Sweet Potato Fries Mandarin Orange Cup Seasonal Fresh Fruit Chocolate or White Milk	<b>5</b> Pasta and Meat Sauce Garlic Roll CA Blend Tossed Side Salad Frozen Fruit Juice Cup Seasonal Fresh Fruit Chocolate or White Milk	<b>6</b> 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
<b>9</b> Cojack Cheeseburger w/lettuce, tomato and pickles Baked Beans French Fries Tropical Fruit Cup Seasonal Fresh Fruit Chocolate or White Milk	<b>10</b> 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	<b>11</b> 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	<b>12</b> Italian Meatball Sub w/marinara and mozzarella CA Blend Tossed Side Salad Frozen Fruit Juice Cup Seasonal Fresh Fruit Chocolate or White Milk	<b>13</b> Cheesy Bread w/marinara Seasoned Green Beans Celery Sticks w/PB Fruit Cup Seasonal Fresh Fruit Chocolate or White Milk
<b>16</b> Roadhouse Burger w/lettuce & tomato slice Baked Beans French Fries Tropical Fruit Cup Seasonal Fresh Fruit Chocolate or White Milk	<b>17</b> 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	<b>18</b> Chicken and Waffle w/syrup Tater Tots Juice Box Mandarin Orange Cup Seasonal Fresh Fruit Chocolate or White Milk	<b>19</b> Italian Pepperoni Calzone w/marinara CA Blend Tossed Salad Frozen Fruit Juice Cup Seasonal Fresh Fruit Chocolate or White Milk	<b>20</b> Buffalo Chicken Mac & Cheese Bowl Garlic Toast Seasoned Green Beans Celery Sticks w/PB Fruit Cup Seasonal Fresh Fruit Chocolate or White Milk
<b>23</b> Pretzel Bacon Cheeseburger w/lettuce, tomato & pickles Baked Beans French Fries Tropical Fruit Cup Seasonal Fresh Fruit Chocolate or White Milk	<b>24</b> 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	<b>25</b> Turkey Club w/bacon, lettuce, tomato & Italian dressing Seasoned Broccoli Sweet Potato Fries Mandarin Orange Cup Seasonal Fresh Fruit Chocolate or White Milk	<b>26</b> <b>HAPPY NATIONAL DUMPLING DAY!</b> Asian Chicken and Vegetable Dumplings w/rice CA Blend Tossed Side Salad Frozen Fruit Juice Cup Seasonal Fresh Fruit Chocolate or White Milk	<b>27</b> 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
<b>30</b> Cojack Cheeseburger w/lettuce, tomato and pickles Baked Beans French Fries Tropical Fruit Cup Seasonal Fresh Fruit Chocolate or White Milk	<b>Tuesday Express Lunch</b> Pizza Cheesy Bread Yogurt Lunch Lunch Salad You <b>must</b> take a fruit and/or vegetable with every lunch	<b>Wednesday Express Lunch</b> Pizza Mozzarella Sticks Yogurt Lunch Lunch Salad You <b>must</b> take a fruit and/or vegetable with every lunch	<b>Thursday Express Lunch</b> Pizza Chicken Leg w/BBQ Yogurt Lunch Lunch Salad You <b>must</b> take a fruit and/or vegetable with every lunch	<b>Monday/Friday Express Lunch</b> Pizza Chicken Patty Yogurt Lunch Lunch Salad You <b>must</b> take a fruit and/or vegetable with every lunch