

# CVCC Café Menu –November 2024

## MENU PRICES

Student 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 are available every day.

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

In addition, pepperoni and cheese pizza slices, lunch salads, and yogurt lunches are also served daily (while quantities last) as “Express Lunch” options. Chicken sandwiches, mozzarella sticks, cheesy bread, and chicken legs are also served on corresponding days, also as “Express lunch” options. Just be sure to take **at least one fruit and/or vegetable** (and up to 2 of each), and you may take a milk, for the lunch price.



- 1** Buffalo Chicken  
Mac & Cheese Bowl  
Garlic Toast  
Seasoned Green Beans  
Celery Sticks w/PB  
Fruit Cup  
Seasonal Fresh Fruit  
Chocolate or White Milk

- 4** Bacon Cheeseburger  
w/lettuce, tomato & pickles  
Baked Beans  
French Fries  
Tropical Fruit Cup  
Seasonal Fresh Fruit  
Chocolate or White Milk

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**No School  
Teacher In-Service  
Day**

- 6** Italian Sub w/ provolone,  
lettuce, tomato slice  
& Italian dressing  
Sweet Potato Fries  
Seasoned Broccoli  
Mandarin Orange Cup  
Seasonal Fresh Fruit  
Chocolate or White Milk

- 7** Beef & Gravy over  
Mashed Potatoes  
Garlic Roll  
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 & pickles  
Baked Beans  
French Fries  
Tropical Fruit Cup  
Seasonal Fresh Fruit  
Chocolate or White Milk

- 12** Beef Soft Taco w/rice,  
cheese, queso, lettuce,  
tomato, salsa & 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  
Carrots w/ranch dip  
Mandarin Orange Cup  
Seasonal Fresh Fruit  
Chocolate or White Milk

- 14** Pasta w/meatballs  
Garlic Roll  
Seasoned 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** Roadhouse Burger  
w/lettuce & tomato  
Baked Beans  
French Fries  
Tropical Fruit Cup  
Seasonal Fresh Fruit  
Chocolate or White Milk

- 19** Loaded Beef Nachos  
w/cheese, lettuce, tomatoes,  
queso, salsa, and sour cream  
Seasoned Corn  
Cucumber Slices w/ranch dip  
Pineapple Chunks  
Seasonal Fresh Fruit  
Chocolate or White Milk

- 20** Chicken & Waffles  
w/syrup  
Tater Tots  
Juice Box  
Mandarin Orange Cup  
Seasonal Fresh Fruit  
Chocolate or White Milk

- 21** Italian Pepperoni Calzone  
w/marinara  
CA Blend  
Tossed Side 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** 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, black beans, queso,  
lettuce, tomato, salsa & light  
sour cream  
Seasoned Corn  
Cucumber Slices w/ranch dip  
Pineapple Chunks  
Seasonal Fresh Fruit  
Chocolate or White Milk

**27**



**28**

**Thanksgiving Break**

**29**

