## CVCC Café Menu – January 2025 MENU PRICES Wednesday Student Lunch- \$3.00 Monday Tuesdav Thursday Friday Student Milk- .50 In addition, pepperoni or cheese pizza slices, lunch salads, and yogurt lunches are also served daily Adult Lunch- 4.75 (while quantities last) as "Express Lunch" options. Adult Milk- .60 Chicken patty sandwiches, mozzarella sticks, cheesy bread, and chicken legs are also served on corresponding days, also as "Express Lunch" options. Just be sure to take a fruit and/or vegetable (and up to two of each), and you may take a milk, for the lunch price. 7 8 General Tso's Chicken Rice 9 **10**Cheesy Bread w/marinara Beef Soft Taco w/rice. Shredded Beef and 6 **Cojack Cheeseburger** NEWS Bowl w/shredded carrots black beans, cheese, lettuce, Mashed Potato Bowl w/gravy w/lettuce, tomato & pickles Whole Grain Roll tomatoes, queso, salsa & Garlic Roll Egg Roll Baked Beans Seasoned Green Beans light sour cream Seasoned Broccoli Seasoned CA Blend French Fries Celery Sticks w/PB Seasoned Corn Carrots w/ranch dip **Tossed Side Salad Tropical Fruit Cup** Fruit Cup Cucumber Slices w/ranch dip Mandarin Orange Cup **Frozen Fruit Juice Cup** Seasonal Fresh Fruit Seasonal Fresh Fruit Pineapple Cup Seasonal Fresh Fruit Seasonal Fresh Fruit Chocolate or White Milk Chocolate or White Milk Seasonal Fresh Fruit **Chocolate or White Milk Chocolate or White Milk** Chocolate or White Milk hooseMyPlate. 14 Loaded Beef Nachos 15 Chicken & Waffles 17 13 **16** Italian Pepperoni Calzone Roadhouse Burger w/cheese, lettuce, tomatoes, w/syrup w/lettuce & tomato slice w/marinara NUTRITION UPDATE No School queso, salsa & light sour cream Tater Tots Baked Beans Seasoned CA Blend \*Students MUST select at Seasoned Corn Juice Box French Fries **Tossed Side Salad Teacher Inservice** least one fruit and/or Cucumber Slices w/ranch dip Mandarin Orange Cup vegetable serving with each **Tropical Fruit Cup** Frozen Fruit Juice Cup Pineapple Cup Seasonal Fresh Fruit Day meal. Seasonal Fresh Fruit Seasonal Fresh Fruit Seasonal Fresh Fruit Chocolate or White Milk Chocolate or White Milk **Chocolate or White Milk Chocolate or White Milk** \*Most grains offered are 22 whole grain rich. **21**Chicken Burrito w/rice, 20 **Grilled Cheese** 23 **24**Popcorn Chicken Mashed **Beefy Rotini Bake** cheese, black beans, lettuce, **Tomato Soup** Garlic Roll Potato Bowl w/gravy \*Healthy vegetables offered **No School** tomato, queso, salsa and light Seasoned Broccoli weekly include dark green, Seasoned CA Blend Whole Grain Roll sour cream Mandarin Orange Cup red/orange and legumes. **Martin Luther King Tossed Side Salad** Seasoned Green Beans Seasoned Corn Seasonal Fresh Fruit Frozen Fruit Juice Cup Celery Sticks w/PB Cucumber Slices w/ranch dip Chocolate or White Milk Jr. Day \*Milk offered daily is 1% or Seasonal Fresh Fruit Fruit Cup Pineapple Cup fat free.

29 General Tso's Chicken

Rice Bowl w/shredded carrots

Egg Roll

Seasoned Broccoli

Mandarin Orange Cup

Seasonal Fresh Fruit

**Chocolate or White Milk** 

Seasonal Fresh Fruit

Chocolate or White Milk

black beans. cheese. lettuce.

tomatoes, queso, salsa & light

sour cream

Seasoned Corn

Cucumber Slices w/ranch dip

Pineapple Cup

Seasonal Fresh Fruit

Chocolate or White Milk

28 Beef Soft Taco w/rice,

27

Cojack Cheeseburger

w/lettuce, tomato & pickles

Baked Beans

**French Fries** 

**Tropical Fruit Cup** 

Seasonal Fresh Fruit

**Chocolate or White Milk** 

**Chocolate or White Milk** 

**30**Shredded Beef and Mashed

Potato Bowl w/gravy

Garlic Roll

Seasoned CA Blend

**Tossed Side Salad** 

**Frozen Fruit Juice Cup** 

Seasonal Fresh Fruit

Chocolate or White Milk

Seasonal Fresh Fruit

Chocolate or White Milk

**31** Cheesy Bread w/marinara

Whole Grain Roll

**Seasoned Green Beans** 

Celery Sticks w/PB

Fruit Cup

Seasonal Fresh Fruit

Chocolate or White Milk

\*Fresh fruits and vegetables are available every day.

Please note that menus are

subject to change without

notice due to season and

This institution is an equal

opportunity provider.

availability.