

# CVCC Café Menu –October 2020

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> Chicken and Waffle w/syrup Seasoned Green Beans Applesauce Cups Assorted Fruits & Vegetables Chocolate or White Milk	<b>2</b> Homemade Pepperoni or Cheese Pizza Tossed Side Salad Assorted Fruits & Vegetables Chocolate or White Milk
<b>5</b> Chicken Patty Sandwich French Fries Peach Cup Assorted Fruits & Vegetables Chocolate or White Milk	<b>6</b> Chicken Burrito w/salsa and light sour cream Seasoned Corn Pineapple Chunks Assorted Fruits & Vegetables Chocolate or White Milk	<b>7</b> Cheesy Breadsticks w/marinara sauce Seasoned Broccoli Mandarin Oranges Assorted Fruits & Vegetables Chocolate or White Milk	<b>8</b> <b>Remote Learning No School</b>	<b>9</b> <b>NEOEA Day No School</b>
<b>12</b> Bacon Cheeseburger French Fries Peach Cup Assorted Fruits & Vegetables Chocolate or White Milk	<b>13</b> Beef Soft Taco w/salsa and light sour cream Seasoned Corn Pineapple Chunks Assorted Fruits & Vegetables Chocolate or White Milk	<b>14</b> <b>In Service No School</b>	<b>15</b> Chicken and Waffle w/syrup Seasoned Green Beans Applesauce Cups Assorted Fruits & Vegetables Chocolate or White Milk	<b>16</b> Homemade Cheese or Pepperoni Pizza Tossed Side Salad Assorted Fruits & Vegetables Chocolate or White Milk
<b>19</b> Chicken Patty Sandwich French Fries Peach Cup Assorted Fruits & Vegetables Chocolate or White Milk	<b>20</b> Chicken Burrito w/salsa and light sour cream Seasoned Corn Pineapple Chunks Assorted Fruits and Vegetables Chocolate or White Milk	<b>21</b> Cheesy Breadsticks w/marinara sauce Seasoned Broccoli Mandarin Oranges Assorted Fruits & Vegetables Chocolate or White Milk	<b>22</b> Grilled Chicken Wrap Seasoned Green Beans Applesauce Cups Assorted Fruits & Vegetables Chocolate or White Milk	<b>23</b> Italian Pepperoni Calzone w/marinara sauce Tossed Side Salad Assorted Fruits & Vegetables Chocolate or White Milk
<b>26</b> Bacon Cheeseburger French Fries Peach Cup Assorted Fruits & Vegetables Chocolate or White Milk	<b>27</b> Beef Soft Taco w/salsa and light sour cream Seasoned Corn Pineapple Chunks Assorted Fruits and Vegetables Chocolate or White Milk	<b>28</b> Macaroni and Cheese w/mini breadstick Seasoned Broccoli Mandarin Oranges Assorted Fruits & Vegetables Chocolate and White Milk	<b>29</b> Chicken and Waffle w/syrup Seasoned Green Beans Applesauce Cups Assorted Fruits & Vegetables Chocolate or White Milk	<b>30</b> Homemade Cheese or Pepperoni Pizza Tossed Side Salad Assorted Fruits & Vegetables Chocolate or White Milk

## MENU PRICES

Combo Lunch- 3.00  
Salad Lunch- 3.00  
Ala Carte Lunch- 3.00  
  
Student Milk- .50  
Adult Lunch- 3.75  
Adult Milk- .60

## NEWS



### ***NUTRITION UPDATE***

\*Students must select 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.

Please note that menus are subject to change without notice due to season and availability.

This institution is an equal opportunity provider.

