



Flag Day
June 14th

This institution is an equal opportunity provider.

Menu
for
June
2011

**CVUSD
CHILD NUTRITION
DEPARTMENT**

STUDENT MEAL
PRICES:
\$2.25 (FULL PAY)
\$.35 Milk, Only

ADULT MEAL PRICES:
\$3.25—Lunch w/Milk
\$3.00—Lunch w/o
Milk

* Meatless

MENU SUBJECT TO
CHANGE

Wednesday, June 1

Entrées Choose 1
* **Grilled Cheese
Sandwich**

Express Meal:
* Peanut Butter Uncrustable

Sides:
Salad Bar
Banana
Wheatsworth Crackers
Milk—White or Chocolate

Thursday, June 2

Entrées Choose 1
BBQ Chicken Wings

Express Meal:
Turkey & Cheese on a French
Roll

Sides:
Mashed Potatoes
Dinner Roll
Salad Bar
Canned Fruit, i.e.—Apricots
Wheat Crackers
Milk—White or Chocolate

Friday, June 3

Entrées Choose 1
Chicken Bagel Dog

Express Meal:
* Munch-A-Lunch

Sides:
Salad Bar
Fresh Pear
High Fiber Grahams
Milk—White or Chocolate

RESPECT THE HEAT.



When you're outside playing hard this summer, remember to prepare for the heat. Drink plenty of water before, during, and after vigorous summer exercise. If you wait until you feel thirsty to drink, you've waited too long!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Monday, June 6

Entrées Choose 1
Chicken Dino Bites

Express Meal:
Ham & Cheese on Wheat Bread

Sides:
Ranch Beans
Salad Bar
Canned Fruit, i.e.—Applesauce
Elfin Grahams
Milk—White or Chocolate

Tuesday, June 7

Entrées Choose 1
Mini-Corn Dogs

Express Meal:
* Mini-Salad

Sides:
Macaroni & Cheese
Salad Bar
Banana
Wheatsworth Crackers
Milk—White or Chocolate

Wednesday, June 8

Entrées Choose 1
* **Bean & Cheese
Burrito**

Express Meal:
* Peanut Butter and Jelly
Uncrustable

Sides:
Salad Bar
Fresh Apple
Salsa
Milk—White or Chocolate

Thursday, June 9

Entrées Choose 1
Hamburger Patty or
* **Veggie Burger on a
Whole Wheat Bun**

Express Meal:
Tuna Bunwich Meal
Sides:

Oven Baked Potatoes
Salad Bar
Orange Juice Bar
Wheatsworth Crackers
Milk—White or Chocolate

Friday, June 10

Entrées Choose 1
Chicken O's

Express Meal:
* Munch-A-Lunch

Sides:
Green Beans
Dinner Roll
Salad Bar
Canned Fruit, i.e.—Applesauce
Wheatsworth Crackers
Milk—White or Chocolate

Monday, June 13

Entrées Choose 1
Chicken Corn Dog

Express Meal:
Ham & Cheese on Wheat Bread

Sides:
Baked Beans
Romaine Lettuce w/Low Fat
Ranch Dressing
Canned Fruit, i.e.—Applesauce
High Fiber Grahams
Milk—White or Chocolate
NO FRUIT OR VEGGIE BAR

Tuesday, June 14

Entrées Choose 1
Beef & Bean Burrito

Express Meal:
* Mini-Salad

Sides:
Carrot Coins
Banana
Wheatsworth Crackers
Salsa
Milk—White or Chocolate
NO FRUIT OR VEGGIE BAR

Wednesday, June 15

Entrées Choose 1
* **Galaxy Cheese
Pizza**

Express Meal:
* Peanut Butter and Jelly
Uncrustable

Sides:
Romaine Lettuce w/Low Fat
Ranch Dressing
Wild Cherry Shape-Up
Wheatsworth Crackers
Milk—White or Chocolate
NO FRUIT OR VEGGIE BAR

Thursday, June 16

Entrées Choose 1
* **Peanut Butter &
Jelly Uncrustable**

Sides:
Carroteenies
Fresh Apple
Milk—White or Chocolate
NO FRUIT OR VEGGIE BAR

LAST DAY OF SCHOOL

Friday, June 17

CV SUMMER CAFÉ
JUNE 22—JULY 29
FREE LUNCH AT THE
FOLLOWING SITES:

- 225 ROANOKE RD (CN CENTER)
- EL CAJON LIBRARY
- FAMILY RESOURCE CENTER (First Street)
More details to follow

Thanks for
your business
this year!
Have a great
summer!

From: The
cafeteria
staff

To: Our
customers