



# CVUSD 2010/2011 Middle School Menu

**Meal Prices:**  
**\$1.25      \$2.50**  
**Breakfast   Lunch**

MealpayPlus ([www.mealpayplus.com](http://www.mealpayplus.com)) is CVUSD's On-line Prepayment System. Using this system is a convenient way to prepay for your student(s) meals. As well, you may prepay via toll free phone number (1-866-459-9264). With either system, you may make payments to your student(s) account by using a credit card, debit card, or check. These payments will go automatically to your child's cafeteria computer. You must know your child's six digit school I.D. number to pay on-line or by phone. A 4.75% Program Fee is added to every transaction when making deposits on MealpayPlus. The Program Fee applies to the entire value of the deposit. Example, i.e., for a \$20 payment, there will be a \$0.95 Program Fee added to the transaction.

Prepayment envelopes are available in the school cafeteria, if you would prefer to pay with the manual method.

## MONDAY – (Windows)

### Entrees - Choose 1

1. Domino's Cheese Pizza
2. Domino's Pepperoni Pizza
3. Domino's Hawaiian Pizza
4. Dog Gone Chicken with Twister Fries
5. Chicken Caesar Salad
6. Buffalo Chicken Salad
7. \* Veggie Caesar Salad
8. Assorted Deli Sandwiches:  
\*\* Ham & Cheese, Turkey & Cheese  
Tuna Salad, \* Deluxe Peanut Butter/Jam
9. Beef Taco/Tostada
10. \* Bean Taco/Tostada

## WEDNESDAY – (Windows)

### Entrees - Choose 1

1. Spicy Chicken Sandwich
2. \* Bean & Cheese Burrito
3. Chicken Caesar Salad
4. Buffalo Chicken Salad
5. \* Veggie Chef Salad
6. Assorted Deli Sandwiches:  
\*\*Ham & Cheese, Turkey & Cheese,  
Tuna Salad, \* Deluxe Peanut Butter/Jam
7. Chili Bowl w/Corn Bread Muffin
8. "Vienna Beef " Hot Dog with Bun
9. "Fire" Dog with Bun

## FRIDAY – (Windows)

### Entrees - Choose 1

1. Domino's Cheese Pizza
2. Domino's Pepperoni Pizza
3. Domino's Hawaiian Pizza
4. Jumbo Hot Wings with Macaroni & Cheese
5. Chicken Caesar Salad
6. Buffalo Chicken Salad
7. \* Veggie Caesar Salad
8. Assorted Deli Sandwiches:  
\*\*Ham & Cheese, Turkey & Cheese,  
Tuna Salad, \* Deluxe Peanut Butter/Jam
9. Nachos - Chili & Cheese
10. Nachos - \* Cheese

## MONDAY

### Fruit & Veggies - Choose Two

1. Mini-Caesar Salad
2. Broccoli
3. Carroteenies
4. Fresh Fruit

### Condiments

Onions/Olives/SourCream/Cheese/Salsa/  
Shredded Lettuce/Cheese Diced/Tomatoes/Croutons

### Sides - Choose One

1. Mexican Rice
2. Oatmeal Raisin  
Cookie
3. Raisins
- Choose One:**  
1% Low Fat White Milk  
Non Fat Chocolate Milk

## WEDNESDAY

### Fruit & Veggies - Choose Two

1. Mini-Caesar Salad
2. Carroteenies
3. Fresh Fruit
4. Fruit Juice

### Condiments

Dressings/Sauces/Onions/Cheese/Leaf Lettuce  
Tomato/Croutons

### Sides - Choose One

1. Croutons
2. Animal Crackers
3. Raisins
- Choose One:**  
1% Low Fat White Milk  
Non Fat Chocolate Milk

## FRIDAY

### Fruit & Veggies - Choose Two

1. Garden Salad
2. Carroteenies
3. Fresh Fruit
4. Fruit Juice

### Condiments

Dressings/Sauces/Onions/Cheese/Jalapenos/Croutons

1. Croutons
2. Animal Crackers
3. Raisins

**Choose One:**  
1% Low Fat White Milk  
Non Fat Chocolate Milk

\* = MEATLESS PRODUCT

\*\* = PORK PRODUCT

## TUESDAY – (Windows)

### Entrees - Choose 1

1. Colossal Burger w/a Sesame Seed Bun
2. \* Garden Burger w/a Sesame Seed Bun
3. Chicken / Rice Burrito
4. Chicken Caesar Salad
5. Buffalo Chicken Salad
- 6.\* Veggie Chef Salad
7. Assorted Deli Sandwiches:  
\*\*Ham & Cheese, Turkey & Cheese,  
Tuna Salad, \* Deluxe Peanut Butter/Jam
8. Teriyaki Chicken w/Rice

## THURSDAY – (Windows)

### Entrees - Choose 1

1. Crispy Chicken Sandwich
2. Corn Dog
3. Chicken Caesar Salad
4. Buffalo Chicken Salad
5. \* Veggie Caesar Salad
6. Assorted Deli Sandwiches:  
\*\* Ham & Cheese, Turkey & Cheese,  
Tuna Salad \* Deluxe Peanut Butter/Jam
7. Strips of Fire (Chicken) Soft Tacos
8. \* Cheese Soft Tacos

## Special Dietary Needs Due to Food Allergy?

If your child needs a Special Meal Accommodation through the cafeteria or a Food Allergy Action Plan at school, please write that information on the **Student Health History** form provided by the School. When the school office becomes aware of a student with food allergies, they will notify the School Nurse, as soon as possible. The School Nurse will notify Child Nutrition of all students with food-related allergies or intolerances.

Child Nutrition will make *meal accommodations* when authorized by a physician. A California Department of Education (CDE) Medical Statement will be provided to the parent/physical for completion.

Child Nutrition will *substitute lactose-reduced milk or soy milk for fluid milk* when the parent completes a Parental Request for a Fluid Milk Substitution for School-Age Children form. **Fruit juice is no longer considered a substitute for fluid milk.** (If a medical authority statement specifically requests juice as a substitute beverage due to the student's allergy, it will be provided.)

## TUESDAY

### Fruit & Veggies - Choose Two

1. Garden Salad
2. Carroteenies
3. Corn
4. Fresh Fruit

### Condiments

Dressings/Sauces/Croutons

### Sides - Choose One

1. Croutons
2. Animal Crackers
3. Raisins
- Choose One:**  
1% Low Fat White Milk  
Non Fat Chocolate Milk

## THURSDAY

### Fruit & Veggies - Choose Two

1. Garden Salad
2. Carroteenies
3. Jicama
4. Fresh Fruit

### Condiments

Dressings/sauces/Lettuce/Tomato/Pickle Chip/  
Shredded Lettuce/Onions/Croutons

### Sides - Choose One

1. Ranch Beans
2. Animal Crackers
3. Raisins
- Choose One:**  
1% Low Fat White Milk  
Non Fat White Milk

## ALA CARTE



### SANDWICH TRAY

\$2.25-\$3.25

½ SANDWICHES \*\*HAM & CHEESE  
TURKEY & CHEESE, TUNA, \*\* BLT  
VEGGIE AND PEPPERED TURKEY  
\*\* PORK PRODUCT

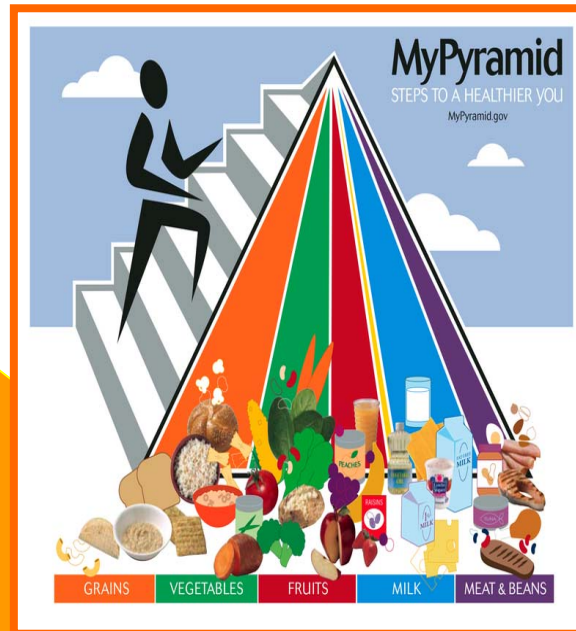


### LOWFAT SNACKS

\$.25-\$ .75

LARGE DILL PICKLE  
CHEESE – STRING, CHEDDAR JACK  
PRETZELS  
RICE CAKES  
BAKED CHIPS  
KETTLE CORN  
LOWFAT YOGURT  
HARD-BOILED EGG  
LOWFAT MUFFINS  
LOWFAT BROWNIES  
3" CHOCOLATE CHIP &  
SNICKERDOODLE COOKIES  
C.A.T.C.H. \* CINNAMON ROLLS  
\*Child & Adolescent Trial For  
Cardiovascular Health

# SNACKSATIATION



### FROZEN NOVELTIES

\$.50-\$ .75  
VARIETY



### SNACK TRAY

\$1.00-\$1.75

HUMMUS TRAY  
FRESH FRUIT WITH YOGURT  
TUNA MEAL  
YOGURT PARFAIT  
YOGURT WITH FRESH FRUIT



### SALADS

\$1.75-\$2.75

SALADS  
CHICKEN CAESAR SALAD  
BUFFALO SALAD  
VEGGIE CAESAR SALAD  
SHAKER SALADS  
GREEK, CAESAR, ORIENTAL,  
SEASONAL FRUIT SALAD,  
SEASONAL VEGGIE SALAD,  
SOUTHWEST



### BEVERAGES

\$.50-\$1.00

BEVERAGES  
1% LOW FAT WHITE MILK  
1% LOW FAT WHITE MILK  
NON-FAT CHOCOLATE MILK  
\* WATER  
100% CAPRI SUN FRUIT JUICE  
PROPEL

See the Child Nutrition Website: [www.cajonvalley.net](http://www.cajonvalley.net) (Child Nutrition Department is listed under the Business Services Division).

If you need to see detailed nutritional analysis, go to menus with nutrient analysis.