



CVUSD 2010/2011 Middle School Menu

Meal Prices:
\$1.25 \$2.50
Breakfast Lunch

● MealpayPlus (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

Sides - Choose One

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. Turkey & Gravy w/Mashed Potatoes and Roll

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

SNACKSATIATION



SANDWICH TRAY

\$2.25-\$3.25

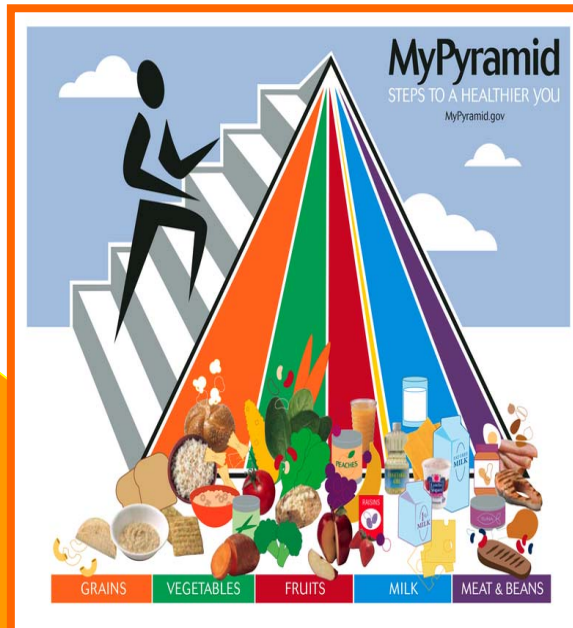
½ SANDWICHES **HAM & CHEESE
TURKEY & CHEESE, TUNA, ** BLT
VEGGIE AND PEPPERED TURKEY
** PORK PRODUCT



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 &
SNICKERDODDLE COOKIES
C.A.T.C.H. * CINNAMON ROLLS
*Child & Adolescent Trial For
Cardiovascular Health



FROZEN NOVELTIES

\$.50-\$.75



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 (Child Nutrition Department is listed under the Business Services Division).
If you need to see detailed nutritional analysis, go to menus with nutrient analysis.