

October 2009 West Valley Secondary Menu



Use Visa/MasterCard for lunch accounts -
Call before 10:00a.m. for same day deposits
972-6040 or 972-6048

Online deposits available: go to www.mynutrikids.com
(Call CN office for student I.D.)
972-6040 or 972-6048

	Tuesday	Wednesday	Thursday	Friday	Weekly Average
			1) Breakfast Pizza Spaghetti w/ Meat Sauce Lite Corn Dogs <i>Choice of:</i> salad, carrots, apple, pineapple, Ice juicee	2) French Toast Sticks Chicken Soft Taco Cheeseburger <i>Choice of:</i> salad, burger fixins, confetti fries, fruit bowl, fresh pear	Cals: 861 % Fat Cals: 28% % Pro Cals: 18% % Carb Cals: 54% Iron: 5.0mg Calcium: 617 mg Vitamin C: 60mg <u>Vitamin A: 566 RE</u>
5) Breakfast Burrito Pizza Pita Bites Burrito <i>Choice of:</i> salad, carrots, peaches, fruit bowl, cinnamon bread	6) Breakfast Pizza Pretzel w/ Cheese Sauce Soft Taco <i>Choice of:</i> salad, tomatoes, broccoli, grapes, sliced cinnamon apples	7) Pancake on a Stick Teriyaki Dippers Rice Bowl Chickenwich <i>Choice of:</i> salad, cucumbers, Asian vegetables, fresh pineapple, fortune cookies	8) Breakfast Pizza Mandarin Chicken Salad Burrito <i>Choice of:</i> salad, peppers, homemade roll, apple, chocolate chip cookie	9) French Toast Sticks Sloppy Joe Chicken Nuggets <i>Choice of:</i> salad, carrots, mixed fruit, kiwi, fruit bowl	Cals: 846 % Fat Cals: 25% % Pro Cals: 18% % Carb Cals: 57% Iron: 5.6mg Calcium: 579 mg Vitamin C: 41mg <u>Vitamin A: 338 RE</u>
12) Breakfast Burrito Lite Hot Dogs Soft Taco <i>Choice of:</i> salad, carrots, pears, fruit bowl, cinnamon animal crackers	13) Breakfast Pizza Teriyaki Chicken Rice Bowl Burrito <i>Choice of:</i> salad, cucumbers, Asian vegetables, fresh pineapple, fortune cookie	14) Pancake on a Stick Cheese Zombie Chicken Nuggets <i>Choice of:</i> salad, tomato soup, veggie sticks, rosy applesauce, kiwi	15) Breakfast Pizza Chicken Caesar Salad Tostado <i>Choice of:</i> salad, cucumbers, homemade roll, peaches, apple	16) French Toast Sticks Baked Potato w/ Cheese Cheeseburger <i>Choice of:</i> salad, burger fixins, fruit bowl, cinnamon pears, Clodhoppers	Cals: 855 % Fat Cals: 26% % Pro Cals: 18% % Carb Cals: 56% Iron: 5.7mg Calcium: 613 mg Vitamin C: 43 mg <u>Vitamin A: 401 RE</u>
19) Breakfast Burrito Pizza Sticks w/ Sauce Rib-B-Q Hoagie <i>Choice of:</i> salad, carrots, fruit bowl, mixed fruit, chocolate chip cookie	20) Breakfast Pizza Ham & Cheese Zombie Cheeseburger <i>Choice of:</i> salad, burger fixins, tomato soup, apple, fresh pear	21) Pancake on a Stick Beef Strip Bites Taco Soup w/ Cornbread <i>Choice of:</i> salad, cucumber, peaches, banana, fruit snacks	22) Breakfast Pizza Chef Salad Chicken Drumsticks <i>Choice of:</i> salad, tomatoes, homemade roll, apple, grapes	23) French Toast Sticks Turkey Gravy & Potatoes Chickenwich <i>Choice of:</i> salad, green beans, homemade roll, fruit bowl, fudgesicle	Cals: 847 % Fat Cals: 27% % Pro Cals: 18% % Carb Cals: 55% Iron: 5.5mg Calcium: 571 mg Vitamin C: 27 mg <u>Vitamin A: 361 RE</u>
26) Breakfast Burrito Chicken Soft Taco Cheeseburger <i>Choice of:</i> salad, burger fixins, confetti fries, fruit bowl, Mandarin oranges	27) Breakfast Pizza Spaghetti w/ Meat sauce Lite Corn Dogs <i>Choice of:</i> salad, cucumber, apple, pineapple, Ice juicee	28) Pancake on a Stick Cheese Zombie Chicken Nuggets <i>Choice of:</i> salad, tomato soup, kiwi, oranges, fruit snacks	29) Breakfast Pizza Santa Fe Chicken Salad Burrito <i>Choice of:</i> salad, carrot sticks, homemade roll, apple, fruit bowl	30) No School	Cals: 867 % Fat Cals: 28% % Pro Cals: 18% % Carb Cals: 54% Iron: 5.0mg Calcium: 616 mg Vitamin C: 60 mg <u>Vitamin A: 567 RE</u>

*WV meals meet/exceed USDA requirements for iron, calcium, vitamin A, vitamin C, calories, protein, <30% calories from fat, and <10% calories from saturated fat

Daily Breakfast choices: Yogurt Parfait, Bagel & Cream Cheese, Variety Homemade Muffins, Homemade Cinnamon Rolls, Pop Tarts, Cereal, Juice, Fresh Fruit

Daily Lunch choices: Sandwich Bar, Pizza

WVSD is an Equal Opportunity Provider and Employer

8oz milk served with meals

Menu subject to change