



# SEPTEMBER 2016 Spring Valley Academy LUNCH MENU



*Serving food for a  
healthy Child and  
a healthy future*

<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thur</b>	<b>Fri</b>
29 Chik Parmesan Pasta Alfredo Calif. Blend or FV Mandarine Oranges or FF Milk or Juice <b>S.S. Cheese Bread Stix 1.30</b>	30 Tater Tot Cass. Green Beans or FV Peaches or FF Milk or Juice <b>S.S. Biscuit .60</b>	31 Egg Mc SVA Hash Brown Patty Applesauce or FF Milk or Juice <b>S.S. Brkfst. Patty 1.35</b>	1 Macc "n" Cheese Peas or FV Pears or FF Milk or Juice S.S. Lg. S.Y. Roll 1.25	2 Griller Sandwich Cheese Tots or S.W. Peppers Tropical Fruit or FF Milk or Juice
<b>NO SCHOOL !! LABOR DAY</b>	6 Prime Stake Baked Potato Broccoli or FV Pears or FF Milk or Juice <b>S.S. Soft Pretzel .90</b>	7 Quesadilla Plate Salad or FV Mandarin Oranges or FF Milk or Juice <b>S.S. Corn Muffin .60</b>	8 Cheese Pizza Plate Salad or FV Pineapple or FF Milk or Juice <b>S.S. Garlic Bread 2.70</b>	9 Strawberry Waffle Egg Patty Hash Brown Patty Milk or Juice <b>S.S. Brkfst Links 1.45</b>
12 Chik Nuggets w/ Sauce Fried Rice Corn or FV Apricots or FF Milk or Juice <b>S.S. Lg. S.Y. Roll 1.25</b>	13 Special K. Roast Mash Potato w/Gravy Peas or FV Peaches or FF Milk or Juice <b>S.S. Roll .60</b>	14 Ravioli Green Beans or FV Pears or FF Milk or Juice <b>S.S. Cheese Bread Stix 1.30</b>	15 French Toast Stix Egg Patty Hash Brown Patty Applesauce or FF Milk or Juice <b>S.S. Brkfst. Links 1.45</b>	16 Sub Sandwich Peaches or FF Milk or Juice <b>S.S. Nachos 1.65</b>
19 Chicken Alfredo Green Beans or FV Tropical or FF Milk or Juice <b>S.S. Cheese Bread Stix 1.30</b>	20 Scallops Twice Baked Potatoes Spinach or FV Peaches or FF Milk or Juice <b>S.S. Sour Dough Roll .60</b>	21 Quesadilla Plate Salad or FV Mandarin Oranges or FF Milk or Juice <b>SEPTEMBER S.S. BIRTHDAYS \$1.00</b>	22 Cheese Pizza Plate Salad or FV Pineapple or FF Milk or Juice <b>S.S. Garlic Bread 2.70</b>	23 Corn Dog Smilie Fries or S.W. Peppers Apricots or FF Milk or Juice
26 Fri Chik Buttered Rice Calif. Blend or FV Pears or FF Milk or Juice <b>S.S. Biscuit .60</b>	27 Haystack Mandarin Oranges or FF Milk or Juice S.S. Corn Salsa or Guacamole .90 <b>S.S. Corn Muffin .60</b>	28 Biscuit 'n' Gravy Egg Patty Hash Brown Patty Peaches or FF Milk or Juice S.S. Brkfst Links 1.45	29 Grilled Cheese Sandwich Tomato Soup or FV Apricot or FF Milk or Juice <b>S.S. Reuben Sand. 3.00</b>	30 Chik Patty Sandwich Cheese Tots or S.W. Peppers Tropical or FF Milk or Juice

**News:**

**Plate price K - 4 is \$3.85  
Plate price for 5-12 is \$4.35**

**AVAILABLE DAILY:**

- Btld Water Sm..85 /Lg.\$1.10 **LS**
- Juice .55 **LS**
- L.F. Milk's .65 **LS**
- Silk's \$1.80 **LS**
- String Cheese Stick .80 **LS**
- Yogurt Cup \$1.00 **LS**
- Bagel w/Cream Cheese 1.40 **LS**
- Bagel w/Strawberry Crm Chse 1.55
- Cereal Bar's \$1.40 **LS**
- Cereal w/ Milk \$1.70 **LS**
- English Muffin .90 **LS**
- PBJ Sandwich \$2.10 **LS**
- XLg Muffin \$1.60 **LS**
- Lg. Entrée Salad \$4.50 **L**
- Small Entrée Salad \$3.00 **L**
- Fresh Fruits .80 **LS**
- Fresh Vegetables .80 **LS**
- Hummus w/Chips \$2.20 **LS**
- Salad's Sm. .95/ Lg. \$1.85 **L**
- Low Fat Snacks \$1.20 **LS**
- Various Spread Sandwich's \$2.75

**S.S. Look for our**

**"Side Specials"**  
offered extra each month!!

**FV = Fresh Vegetable  
FF = Fresh Fruit**

**AVAILABLE AT:**

**B = Breakfast  
L = Lunch  
S = Snack**

