




# NOVEMBER 2016 Spring Valley Academy LUNCH MENU

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

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thur</i>	<i>Fri</i>
<b>31</b> Fri Chik Buttered Rice Calif. Blend or FV Peaches or FF Milk or Juice <b>S.S. Biscuit .60</b>	<b>1</b> Scallops Twice Baked Potato Spinach or FV Tropical Fruit or FF Milk or Juice <b>S.S. S.D. Roll .60</b>	<b>2</b> French Toast Sticks Egg Patty Hash brown Patty Applesauce or FF Milk or Juice <b>S.S. Brkfst. Links 1.45</b>	<b>3</b> Cheese Pizza Plate Salad or FV Pineapple or FF Milk or Juice <b>S.S. Garlic Bread 2.70</b>	<b>4</b> Sub Sandwich Apricots or FF Milk or Juice <b>S.S. Nachos 1.65</b>
<b>7</b> Spaghetti Green Beans or FV Pears or FF Milk or Juice <b>S.S. Cheese Brd Stix 1.30</b>	<b>8</b> Enchilada Casserole Spanish Rice Corn or FV Mandarin Oranges or FF Milk or Juice <b>S.S. Corn Muffin .60</b>	<b>9</b> Egg McSVA Hash Brown Patty Applesauce or FF Milk or Juice <b>S.S. Brkfst Patty 1.35</b>	<b>10</b> Macc n Cheese Peas or FV Tropical Fruit or FF Milk or Juice <b>S.S. Lg. S.Y. Roll 1.25</b>	<b>11</b> Griller Sandwich Smilie Fries or S.W. Peppers Pears or FF Milk or Juice
<b>14</b> French Toast Sticks Egg Patty Hash brown Patty Applesauce or FF Milk or Juice <b>S.S. Brkfst. Links 1.45</b>	<b>15</b> <b>HAYSTACK</b> Mandarin Oranges or FF Milk or Juice S.S. Corn Salsa or Guacamole .80 <b>S.S. Corn Muffin .60</b>	<b>16</b> Quesadilla w/ Sour Cream & Salsa Plate Salad or FV Mandarin Oranges or FF Milk or Juice <b>S.S. BIRTHDAYS \$1.00</b>	<b>17</b> Cheese Pizza Plate Salad or FV Pineapple or FF Milk or Juice <b>S.S. Garlic Bread 2.70</b>	<b>18</b> Corn Dog Cheese Tots or S.W. Peppers Apricots or FF Milk or Juice
<b>21</b> Turkey Loaf w/Cranberry Mash Spuds & Gravy Peas or FV Pears or FF Sm. S.Y. Roll Milk or Juice P.S. K-4 \$5.50 / 5-12 \$6.00 <b>S.S. Pumpkin Square 1.00</b>	<b>22</b> Egg Roll Chik'n Fried Rice Peaches or FF Dried Noodles Fortune Cookie Milk or Juice	<b>23</b> <i>Happy</i> 	<b>24</b> <i>Thanksgiving</i>	<b>25</b>
<b>28</b> Fri Chik Buttered Rice Calif. Blend or FV Peaches or FF Milk or Juice <b>S.S. Biscuit .60</b>	<b>29</b> Prime Stake Baked Potato Broccoli or FV Tropical Fruit or FF Milk or Juice <b>S.S. Soft Pretzel .90</b>	<b>30</b> Chik Parmesan Pasta Alfredo Calif. Blend or FV Apricots or FF Milk or Juice <b>S.S. Cheese Brd Stix 1.30</b>	<b>1</b> Grilled Cheese Sandwich Tomato or Potato Soup Peaches or FF Milk or Juice <b>S.S. Reuben Sand. 3.00</b>	<b>2</b> Strawberry Waffle Egg Patty Hash Brown Patty Milk or Juice <b>S.S. Brkfst Links 1.45</b>

**News:**

Plate price K- 4 is \$3.85  
Plate price for 5- 12 is \$4.35  
**THANKSGIVING FEAST MEAL:**  
K-4 is \$5.50 / 5-12 is \$6.00

**AVAILABLE DAILY:**

- Btld Water Sm..85 /Lg.\$1.10 **BLS**
- Juice .55 **BLS**
- L.F. Milk's .65 **BLS**
- Silk's \$1.80 **BLS**
- String Cheese Stick .80 **BLS**
- Yogurt Cup \$1.00 **BLS**
- Bagel w/Cream Cheese 1.40 **BLS**
- Bagel w/Strawberry Crm Chse 1.55
- Cereal w/ Milk \$1.70 **BLS**
- English Muffin .90 **BLS**
- PBJ Sandwich \$2.10 **BLS**
- XLg Muffin \$1.60 **BLS**
- Lg. Entrée Salad \$4.50 **L**
- Small Entrée Salad \$3.00 **L**
- Fresh Fruits .80 **BLS**
- 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

