




February 2017 Spring Valley Academy LUNCH MENU



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

Mon	Tue	Wed	Thu	Fri
30 Egg Roll Chik Fried Rice Rice Noodles Fortune Cookie Tropical Fruit or FF Milk or Juice	31 Haystack Pears or F.F. Milk or Juice S.S. Guacamole or Corn Salsa .90 S.S. Corn Muffin .60	1 Quesadilla w/ Sour Cream & Salsa Plate Salad or F.V. Mandarin Oranges or F.F. Milk or Juice S.S. Corn Muffin .60	2 Cheese Pizza Plate Salad or FV Pineapple or F.F. Milk or Juice S.S. Garlic Bread 2.70	3 Griller Sandwich Cheese Tots or S.W. Peppers Peaches or F.F. Milk or Juice
6 Fri Chik Buttered Rice Broccoli or F.V. Mandarin Oranges or F.F. Milk or Juice S.S. Biscuit .60	7 Special K Roast Mashed Potatoes Peas or F.V. Apricots or F.F. Milk or Juice S.S. Roll .60	8 Ravioli Green Beans or F.V. Peaches or F.F. Milk or Juice S.S. Cheese Brd Stix 1.30	9 French Toast Sticks Egg Patty Hash Brown Applesauce or F.F. Milk or Juice S.S. Brkfst Links 1.45	10 Hot Dog Chili or Salad Peaches or F.F. Milk or Juice
13 Spaghetti Green Beans or F.V. Pears or F.F. Milk or Juice S.S. Cheese Brd Stix 1.30	14 Egg Mc SVA Hash Brown or F.V. Applesauce or F.F. Milk or Juice S.S. Brkfst.Patty 1.35	15 Quesadilla w/ Sour Cream & Salsa Plate Salad or F.V. Mandarin Oranges or F.F. Milk or Juice S.S. BIRTHDAYS \$1.00	16 Cheese Pizza Plate Salad or F.V. Pineapple or F.F. Milk or Juice S.S. Garlic Bread 2.70	17 Chik Patty Sandwich Smilie Fries or S.W. Peppers Peaches or F.F. Milk or Juice
 20 NO SCHOOL!!	21 NO SCHOOL!!	22 NO SCHOOL!!	23 Grilled Cheese Sands Tomato Soup or Salad Peaches or FF Milk or Juice S.S. Reuben Sand. 3.00	24 Strawberry Waffle Egg Patty Hash Brown Milk or Juice S.S. Brkfst Links 1.45
27 Prime Stake Bake Potato Broccoli or F.V. Pears or F.F. Milk or Juice S.S. Soft Pretzel .90	28 Scallops Twice Baked Spuds Spinach or F.V. Peaches or F.F. Milk or Juice S.S. S.D. Roll .60	1 French Toast Sticks Egg Patty Hash Brown Applesauce or F.F. Milk or Juice S.S. Brkfst Links 1.45	2 Haystack Mandarin Oranges or F.F. Milk or Juice S.S. Guacamole or Corn Salsa .90 S.S. Corn Muffin .60	3 Sub Sandwich Tropical Fruit or F.F. Milk or Juice S.S. Nachos 1.65

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 **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 Bar's \$1.40 **BLS**
 Cereal w/ Milk \$1.70 **BLS**
 English Muffin .90 **BLS**
 PBJ Sandwich \$2.10 **BLS**
 Super Donut \$1.10 **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

*Look for our **S.S.**
"Side Specials"
 offered extra each month!!
FV = Fresh Vegetable
FF = Fresh Fruit

AVAILABLE AT:
B = Breakfast
L = Lunch
S = Snack

