



OCTOBER 2017 Spring Valley Academy LUNCH MENU



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

| Mon | Tue | Wed | Thur | Fri |
|---|--|---|--|--|
| 2 Spaghetti Green Beans or Pears Milk or Juice S.S. Cheese Bread Stick 1.30 | 3 Prime Stake Baked Potato Broccoli Tropical Fruit Milk or Juice S.S. Soft Pretzel .90 | 4 Quesadilla w/ Salsa & Sour Cream Plate Salad Mandarin Oranges Milk or Juice S.S. Corn Muffin .60 | 5 Cheese Pizza Plate Salad Pineapple Milk or Juice S.S. Garlic Bread 2.70 | 6 Strawberry Waffle Egg Patty Hash brown Patty Milk or Juice S.S. Brkfst. Links 1.45 |
| 9 No School!! Columbus Day | 10 Chik Parmesan Buttered Noodles Corn Tropical Fruit Milk or Juice S.S. Cheese Bread Stix 1.30 | 11 Tater Tot Cass. Green Beans Peaches Milk or Juice S.S. Biscuit .60 | 12 French Toast Sticks Egg Patty Hash brown Applesauce Milk or Juice S.S. Brkfst Links 1.45 | 13 Hot Dog Chili Pears Milk or Juice |
| 16 Chik Nuggets w/Sauce Fried Rice Calif. Blend Apricots Milk or Juice S.S. Lg. S.Y. Roll 1.25 | 17 Burger Roast Mashed Potatoes w/Gravy Peas Tropical Fruit Milk or Juice S.S. Roll .60 | 18 Egg Mc SVA Hash Brown Patty Applesauce Milk or Juice S.S. Brkfst Patty 1.35 | 19 Cheese Pizza Plate Salad Pineapple Milk or Juice S.S. Garlic Bread 2.70 | 20 Chik Patty Sandwich Smilie Fries or S.W. Peppers Peaches Milk or Juice |
| 23 Biscuit 'n Gravy Egg patty Hash Brown Patty Applesauce Milk or Juice S.S. Brkfst Links 1.45 | 24 HAYSTACK Pears Milk or Juice S.S. Corn Salsa or Guacamole .90 S.S. Corn Muffin .60 | 25 Quesadilla w/ Salsa & Sour Cream Plate Salad Mandarin Oranges Milk or Juice S.S. BIRTHDAYS 1.00 | 26 NO SCHOOL!! PARENT / TEACHER CONFERENCES | 27 Griller Sandwich Cheese Tots or S.W. Peppers Tropical Fruit Milk or Juice |
| 30 Fri Chik Buttered Rice Corn Peaches Milk or Juice S.S. Biscuit .60 | 31 Scallops Twice Baked Potatoes Spinach or Plate Salad Apricots Milk or Juice S.S. S.D. Roll .60 | 1 French Toast Sticks Egg Patty Hash brown Patty Applesauce Milk or Juice S.S. Brkfst Links 1.45 | 2 Cheese Pizza Salad Pineapple Milk or Juice S.S. Garlic Bread 2.70 | 3 Sub Sandwich Tropical Fruit 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 **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 w/ Milk \$1.70 **LS**
- English Muffin .90 **LS**
- PBJ Sandwich \$2.10 **LS**
- XLg Muffin \$1.60 **LS**
- Lg. Entrée Salad \$4.50 **LS**
- Small Entrée Salad \$3.00 **LS**
- Fresh Fruits .80 **LS**
- Fresh Vegetables .80 **LS**
- Hummus w/Chips \$2.20 **LS**
- Salad's Sm. .95/ Lg. \$1.85 **LS**
- 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:

L = Lunch
S = Snack

