



NOVEMBER 2017 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>
30 Fri Chik Buttered Rice Corn Peaches Milk or Juice S.S. Biscuit .60	31 French Toast Sticks Egg Patty Hash brown Patty Applesauce Milk or Juice S.S. Brkfst. Links 1.45	1 Scallops Twice Baked Potato Spinach Apricots Milk or Juice S.S. S.D. Roll .60	2 Cheese Pizza Plate Salad Pineapple Milk or Juice S.S. Garlic Bread 2.70	3 Sub Sandwich Tropical Fruit Milk or Juice S.S. Nachos 1.65
6 Spaghetti Green Beans Pears Milk or Juice S.S. Cheese Brd Stix 1.30	7 Special K.Roast Mashed Potatoes Peas Peaches Milk or Juice S.S. Roll .60	8 Chik Parmesan Alfredo Pasta Alfredo Calif. Blend Apricots Milk or Juice S.S. Cheese Brd Stix 1.30	9 Macc n Cheese Peas Tropical Fruit Milk or Juice S.S. Lg. S.Y. Roll 1.25	10 Strawberry Waffle Egg Patty Hash Brown Patty Milk or Juice S.S. Brkfst Links 1.45
13 Biscuit 'n'Gravy Egg Patty Hash brown Patty Applesauce Milk or Juice S.S. Brkfst. Links 1.45	14 HAYSTACK Pears Milk or Juice S.S. Corn Salsa or Guacamole .80 S.S. Corn Muffin .60	15 Quesadilla w/ Sour Cream & Salsa Plate Salad Mandarin Oranges Milk or Juice S.S. BIRTHDAYS \$1.00	16 Cheese Pizza Plate Salad Pineapple Milk or Juice S.S. Garlic Bread 2.70	17 Corn Dog Cheese Tots or S.W. Peppers Peaches Milk or Juice
20 Turkey Loaf w/Cranberry Mash Spuds & Gravy Peas Pears Sm. S.Y. Roll Milk or Juice P.S. K-4 \$5.50 / 5-12 \$6.00 S.S. Pumpkin Square 1.00	21 Egg Roll Chik'n Fried Rice Apricots Dried Noodles Fortune Cookie Milk or Juice	22 Happy  Thanksgiving		
27 Prime Stake Baked Potato Broccoli Peaches Milk or Juice S.S. Soft Pretzel .90	28 Scallops Twice Baked Potato Spinach Apricots Milk or Juice S.S. S.D. Roll .60	29 Egg McSVA Hash Brown Patty Applesauce Milk or Juice S.S. Brkfst Patty 1.35	30 Grilled Cheese Sandwich Tomato Soup or Salad Tropical Fruit Milk or Juice S.S. Reuben Sand. 3.00	1 Chik Patty Sandwich Smilie Fries or S.W. Peppers Pears Milk or Juice

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 **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 **L S**
 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

