





March 2009

Fountain Valley School District



4-12 Traditional Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
CHICKEN NUGGETS Salad Bar Hash Browns Cherry Muffin Milk	CHEESE PIZZA Fruit Fruit Juice Baked Cheetos Milk	LOS CABOS BEAN & CHEESE BURRITO Salad Bar Corn Muffin Milk	PIZZA DIPPERS Pear Apple Juice Multigrain Sun Chips Milk Modified Day	HOT DOG Salad Bar Hash Browns Milk
CHICKEN TENDERS Salad Bar Multigrain Bread Milk	CHEESE PIZZA Fruit Fruit Juice Kids Munchies Milk	MINI CORN DOGS BROWNS Salad Bar Baked Cheetos Milk	HASH PEPPERONI PISA PIZZA Banana Peach Cup Apple Muffin Milk Modified Day	BREADED CHICKEN PATTY Salad Bar Milk
CHICKEN NUGGETS Salad Bar Hash Browns Lucky Shamrock Cookie Milk	CHEESE PIZZA Fruit Fruit Juice Baked Doritos Milk	MINI HAMBURGERS BROWNS Salad Bar Cookie Milk	PEPPERONI HOT POCKET Buttered Corn Fresh Pear Mini Pretzels Milk Modified Day	WAFFLES PATTY Salad Bar Jungle Crackers Milk
POPCORN CHICKEN POTATO STARS Salad Bar Multigrain Bread Milk	CHEESE PIZZA Fruit Fruit Juice Baked Cheetos Milk	SPAGHETTI AND MEATSAUCE Salad Bar Garlic Bread Milk	TOASTED CHEESE SANDWICH Buttered Corn Fresh Apple Multigrain Sun Chips Milk Modified Day	CHEESEBURGER Salad Bar Crinkle Cut French Fries Oatmeal Cookie Milk
MINI CORN DOGS BROWNS Salad Bar Multigrain Bread Milk	CHEESE PIZZA Fruit Fruit Juice Kids Munchies Milk			Nutrient Targets Calories 785 Protein (g) 15 Calcium (mg) 370 Iron (mg) 4.2 Vit A (RE) 285 Vit C (g) 17 Saturated Fat 10 % Total Fat 30%

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