

# SPRING VALLEY

# October 2019

## GRADES K-12 MENU

\* \* \* Menu may change \* \* \*

**BREAKFAST PRICES x's 22 DAYS**

Grades K-12: \$1.85/day or \$40.70/month  
 Reduced: \$0.30/day or \$6.60/month  
 Adult/Visitor \$2.70/day or \$59.40/month

**LUNCH PRICES x's 22 DAYS**

Grades K-5: \$2.60/day or \$57.20/month  
 Grades 6-12: \$2.90/day or \$63.80/month  
 Reduced: \$0.40/day or \$8.80/month  
 Milk: \$0.40/day or \$8.80/month  
 Adult/Visitor \$3.70/day or \$81.40/month

Pay your food service account on-line.

**Spring Valley Schools district home page, Family Access or On-line Payment buttons**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> <b>BREAKFAST</b> Breakfast Pizza  <b>LUNCH ENTREES</b> -Spaghetti Garlic Bread -Fish Sticks  <b>Sides</b> Carrots Mandarin Oranges	<b>2</b> <b>BREAKFAST</b> Pancake Bites  <b>LUNCH ENTREES</b> -Teriyaki Chicken Rice -Philly Cheesesteak Sandwich  <b>Sides</b> Broccoli Warm Cinnamon Apple Slices	<b>3</b> <b>BREAKFAST</b> Bacon & Egg Scramble  <b>LUNCH ENTREES</b> -BBQ Rib -Brat  <b>Sides</b> Baked Beans Corn Sliced Pears	<b>4</b> <b>BREAKFAST</b> Banana Bread & Smoothie <b>LUNCH ENTREES</b> -Pizza Fries Marinara Sauce -Corndog  <b>Sides</b> Cauliflower Sliced Peaches
7  NO SCHOOL	<b>8</b> <b>BREAKFAST</b> Breakfast Pizza  <b>LUNCH ENTREES</b> -Pizza Crunchers Marinara Sauce -Fish Nuggets  <b>Sides</b> Edamame Applesauce	<b>9</b> <b>BREAKFAST</b> Pancake Bites  <b>LUNCH ENTREES</b> -Hamburger Gravy Mashed Potatoes Bread -Turkey & Cheese Wrap  <b>Sides</b> Corn Strawberry Cup	<b>10</b> <b>BREAKFAST</b> Bacon & Egg Scramble  <b>LUNCH ENTREES</b> -Popcorn Chicken -Eggroll  <b>Sides</b> Baked Beans Rice Pilaf Juice Cup	<b>11</b> <b>BREAKFAST</b> French Toast Bites & Yogurt <b>LUNCH ENTREES</b> -Italian Dunkers Marinara Sauce -Breaded Chicken Patty  <b>Sides</b> Mixed Vegetables Craisins
<b>14</b> <b>BREAKFAST</b> Oatmeal Chocolate Chip Round <b>LUNCH ENTREES</b> -Salisbury Steak Bread -Breaded Pork Chop  <b>Sides</b> Asparagus Mashed Potatoes Cranberries	<b>15</b> <b>BREAKFAST</b> Breakfast Pizza  <b>LUNCH ENTREES</b> -Soft Shell Taco -Pizza  <b>Sides</b> Refried Beans Spanish Rice Applesauce	<b>16</b> <b>BREAKFAST</b> Pancake Bites  <b>LUNCH ENTREES</b> -Chicken Chow Mein Rice -Shredded BBQ Pork  <b>Sides</b> Carrots Tropical Fruit	<b>17</b> <b>BREAKFAST</b> Bacon & Egg Scramble  <b>LUNCH ENTREES</b> -Cheeseburger -Calzone  <b>Sides</b> Green Beans Curley Fries Mixed Fruit	<b>18</b> <b>BREAKFAST</b> Banana Bread & Smoothie <b>LUNCH ENTREES</b> -Quesadilla -Ravioli Breadstick  <b>Sides</b> Peas Warm Cinnamon Apple Slices

\* \* \* This institution is an equal opportunity provider \* \* \*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>21</b> <b>BREAKFAST</b> Stuffed Hash Brown</p> <p><b>LUNCH ENTREES</b> -Mini Corn Dogs -Burrito</p> <p><b>Sides</b> Baked Beans Carrots Mixed Berry Cup</p>	<p><b>22</b> <b>BREAKFAST</b> Breakfast Pizza</p> <p><b>LUNCH ENTREES</b> -Orange Chicken Rice -Hamburger</p> <p><b>Sides</b> Oriental Blend Vegetables Pineapple Tidbits</p>	<p><b>23</b> <b>BREAKFAST</b> Pancake Bites</p> <p><b>LUNCH ENTREES</b> -Cheese or Pepperoni Round Pizza -Chicken Alfredo Breadstick</p> <p><b>Sides</b> Corn Sliced Pears</p>	<p><b>24</b> <b>BREAKFAST</b> Bacon &amp; Egg Scramble</p> <p><b>LUNCH ENTREES</b> -Chicken Caesar Salad Breadstick -Breaded Pork Chop</p> <p><b>Sides</b> Peas Mixed Fruit</p>	<p><b>25</b> <b>BREAKFAST</b> French Toast Bites &amp; Yogurt</p> <p><b>LUNCH ENTREES</b> -Cheese Bites -Fish Sandwich</p> <p><b>Sides</b> Tomato Soup Craisins</p>
<p><b>28</b> <b>BREAKFAST</b> Oatmeal Chocolate Chip Round</p> <p><b>LUNCH ENTREES</b> -French Toast Sausage -Hot Dog</p> <p><b>Sides</b> Hash Brown Rounds Juice Cup Blueberries</p>	<p><b>29</b> <b>BREAKFAST</b> Breakfast Pizza</p> <p><b>LUNCH ENTREES</b> -Tator Tot Hotdish Breadstick -Fish Sticks</p> <p><b>Sides</b> Peas &amp; Carrots Stawberry Cup</p>	<p><b>30</b> <b>BREAKFAST</b> Pancake Bites</p> <p><b>LUNCH ENTREES</b> -Cardinal Burger -Fruit &amp; Yogurt Plate Muffin</p> <p><b>Sides</b> Baked Beans Tator Tots Raisins</p>	<p><b>31</b> <b>BREAKFAST</b> Bacon &amp; Egg Scramble</p> <p><b>LUNCH ENTREES</b> -Breaded Chicken Patty -Pizza Rolls</p> <p><b>Sides</b> Green Beans Warm Cinnamon Apple Slices</p>	<p><b>1</b> <b>BREAKFAST</b> Banana Bread &amp; Smoothie</p> <p><b>LUNCH ENTREES</b> -Deluxe Nacho's -Peanut Butter &amp; Jelly Cheese Stick</p> <p><b>Sides</b> Mixed Vegetables Sliced Peaches</p>

**K-12 BREAKFAST INCLUDES: Milk, juice & applesauce / ALTERNATIVE CHOICE: Cold cereal or Cereal bar**

**K-12 LUNCH INCLUDES: Fresh fruit, salad bar, and milk choice (1% white and 1% chocolate)**

**K-12 LUNCH: All sandwiches are served with whole grain bun or bread**

**6-12 LUNCH ALTERNATIVES: 3<sup>rd</sup> choice item will be posted daily**

\*\*\*\*\*

You will be receiving a phone call from the Spring Valley Food Service Department when your family lunch account balance reaches \$3.00. If we are unable to reach you or leave a message, a letter will be sent.

**If your account reaches a negative \$10.00 balance, NO more purchases will be allowed.**

You can access your family lunch account through the school web site @ [www.springvalley.k12.wi.us](http://www.springvalley.k12.wi.us). If you have any questions concerning your family account, please contact Amy Fisher at 715-778-5551 ext. 5109.

**\*\*\* Mail payments to: School District of Spring Valley, Attn: Food Service, P.O. Box 249, Spring Valley, WI, 54767 \*\*\***

Breakfast is served daily at 7:45 am until the first bell rings.



## Free and Reduced Breakfast/ Lunch Program:

Remember a new application must be filled out every school year.

School Year 2019-2020 applications are now available on our school web site and school offices.

## **Seasonal Work- Change in Income- Change in Household Numbers**

Remember, you may apply or reapply for free or reduced meals at any time during the school year. Applications are available in both school offices, can be mailed to you or printable on-line from our S.V. School District site, [www.springvalley.k12.wi.us](http://www.springvalley.k12.wi.us) (District Information-School Board-S.V. District Forms).

Please call or e-mail with any questions.

Amy Fisher

715-778-5551      fishera@springvalley.k12.wi.us

## **Free and Reduced Breakfast/ Lunch Program:**

Remember a new application must be filled out every school year.



**All families are encouraged to fill out a free/reduced application. This helps our district in many areas, not just food service.**

Remember a new application must be filled out every school year. If there is a change in income or household size throughout the school year a new application can be filled out.

School Year 2018-2019 applications are now available on our school web site and school offices.

Breakfast is served daily at 7:45 am until the first bell rings.

Cold Lunch/Brown Bag Lunch is available from the school kitchen for Field Trips. You will be charged your normal lunch rate. Please let the food service staff know ahead of time when you will need a lunch to go.