

A La Carte Products

Various Snack Bags	.75
Kashi Go-Lean Bars	1.75
Granola/Kashi Bars	.75
Cabot Cheddar or String Cheese	.50
Flavored Jell-O	.75
VT Alec's Spicy Pretzels	1.50
Cabot Yogurt selections	1.00
Soft Pretzel or Bagel	1.25
Balance Protein Bar	1.75
VT Eddie's or Koval Bars	1.75
Build your own Nachos SM & LG	1.50-2.50
Low Fat Hood Creeme	1.25
Low fat Sherbet or Italian Ice	.75
VT Leonardo's Gelato	1.50

Snapple Antioxidant Water	1.25
100% Fruit Juices & V-8	1.00
Vermont Spring Water	1.00
Organic Assorted Bev.'s	1.50
Soy Milks	1.00
Asst. All-Natural Teas	1.50
VT Apple Cider Pints	1.25
Carbonated 100% Juice	1.25
Active Water	1.50
Jones 24C	1.50

A la Carte rack snacks are free of High Fructose Corn Syrup and trans fats.

All beverages are free of High Fructose Corn Syrup, Crystalline Fructose, and artificial sweeteners.

REMINDER

Please make account deposits BEFORE 10:30 am by cash or check to your house office or directly to the Café'. Your deposit must be in your Account prior to coming through the lunch lines!

Student deposits, can be made on-line by registering at www.mylunchmoney.com where you can also obtain balance or purchase history information

It is your responsibility to know your balance and to manage your account. Please ask the cashier for your balance when making a purchase!

Prices & menu items are subject to change & may occur at anytime prior to the update of this menu.

The staff is here to help. Please do not hesitate to ask questions or to come see me in my office located in the Café'

Should you have dietary restrictions or allergies, come see me for information. If you are unsure the ingredients of an item.....

DO NOT TAKE A CHANCE!

Leo LaForce
Food Service Director
leo@cvuhs.org or 482-7176



MENU

Hours of Operation

*Breakfast

7:30 am to 9:45 am
10:00 am to 10:15 am

*Lunch

11:30 am to 1:30 pm

*After School Snack

2:30 pm to 3:30 pm

CVU Café

Committed to serving students a high quality, well-balanced, nutritious meal that will keep them motivated, focused & healthy throughout the day!

*Hours of operation may change with the school schedule!

Breakfast Combo Meals

- Egg & Cheese on a Whole Wheat muffin or Bagel (bacon or sausage optional)
- Scrambled Egg & Cheese Wrap w/choice Bacon, Ham or sautéed Onions & Peppers
- Freshly Baked Item of the Day
Always Delicious, Always Nutritious
- Fat Free Cabot Yogurt & Granola bar
Flavor choice w/ an Oats & Honey Bar
- Variety of Cereals served in a bowl
w/ Fruit toppings & a Cold Milk
- Stonyfield Drinkable Yogurt Smoothies
- Waffle Specials made fresh daily!
VT Maple Syrup .75 cents extra
- Bagel w/ Cream Cheese or Peanut Butter
Variety of Bagels with choice of topping

Breakfast Combo Meals served w/ Milk & choice of a small 4 oz 100% juice or Fruit
Student price only \$1.25.

Website Lunch Combo Meals

- Two delicious Chef choices made
Fresh daily served from the center!
* Posted Weekly on the Café Menu
section of The CVU Website
www.cvuhs.org

Both specials served with small salad bar or soup, rolls, vegetables, fruit or 4 oz juice, and a cold milk.
Student price only \$2.25.

Sandwich Bar Combo Meals

Wrapped in Flour Tortillas

- Fresh Baby Spinach, Tomato & Red Onion
w/ Mozzarella Cheese & Pesto Aioli
- Spicy Buffalo Chicken with Crisp Celery
& Low-Fat Blue Cheese Dressing
- Fresh Tuna Salad Lightly Seasoned with Curry
wrapped w/ Crisp Lettuce & Tomato
- Breaded Chicken Tenders w/Lettuce & Tom
drizzled w/ Creamy Low-Fat Ranch dressing

Folded in Grilled Gyro Bread

- Club with sliced Turkey & Ham topped w/
melted Cheese, Bacon, Lettuce & Tomato
- Meatless Garden Veggie Burger served
with crisp Lettuce & fresh Tomato
- Breaded & Baked Chicken Patty topped with
Pasta Sauce & Melted Cheese
- BBQ breaded Chicken Tenders with Low-Fat
Ranch dressing & crisp fresh Lettuce
- Thin slice Deli Ham with Baby Spinach,
Melted Cheese, drizzled w/ Honey Mustard

Above items served with small salad bar or soup, rolls, veggies, fruit or juice, & milk.
Student price only \$2.25.

Soup & Salad Bar Meal

Large Plate of Salad, Bowl of fresh Soup, rolls
Fruit or juice & milk students only \$2.25

Grill Bar Combo Meals

Monday

- Meatball Hoagie w/Sauce & Melted Cheese
- American Flatbread Pizza Selections

Tuesday

- Grilled Chicken Breast w/Chipotle Sauce
- Quesadilla Pizza with Cheese & Salsa

Wednesday

- Flame-Broiled Burgers on a bun
- American Flatbread Pizza Selections

Thursday

- Bagel topped with Pizza Sauce & Cheese
- Breaded Chicken Patty & Bun w/Toppings

Friday

- Popcorn Chicken w/BBQ dipping Sauce
- American Flatbread Pizza Selections

Ham, Turkey, & Veggie grinders or wraps,
made fresh daily, & ready to go!

Assorted Peanut Butter Sandwiches, Yogurts,
Grilled Cheese, Grilled Ham & Cheese, Bagels,
Soft Pretzels, Nachos & Cheese w/toppings

All of the above items served with
Small Salad bar or fresh soup, rolls,
sm juice or fruit, veggies & Milk \$2.25

Large specialty Salads such as Geek, Chef,
or Chicken Caesar are made fresh
daily & served w/rolls, fruit or juice & milk
all for only \$3.50