

**SANTA MONICA-MALIBU UNIFIED SCHOOL DISTRICT
ELEMENTARY LUNCH MENU**

DECEMBER 2009

***Contains Beef

+++Contains Turkey

###Contains Pork



100% Mozzarella

Menu is subject to change









CLEMENTINE
(ALGERIAN)
MANDARIN

Harvest of the Month

Citrus explodes in December!

Navel Oranges and Tangerines will be featured on salad bars

All Citrus fruits are an excellent source of Vitamin C which helps to keep us healthy during flu season!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><i>A variety of milk is offered daily. Best source of calcium</i></p>	<p>1 COOL LUNCH! FARMERS' MARKET SALAD BAR w/GRILLED TURKEY HAM & CHEESE SANDWICH SUN CHIPS</p>	<p>2 BAKED CHICKEN w/MASHED POTATOES FRESH GREEN SALAD ALOHA ROLL FRESH FRUIT</p>	<p>3 COOL LUNCH! FARMERS' MARKET SALAD BAR w/+++TACO BAR BAKED CHURRO</p>	<p>4 NEW ITEM!  CHEESE PIZZA BAGEL w/3-WAY SALAD 100% FRUIT ICEE JUICEE</p>
<p>7 NEW ITEM! BAKED CLUX DELUX CHICKEN BREAST CHUNKS w/BAKED POTATO ROUND-ABOUTS FRUIT</p>	<p>8 COOL LUNCH! FARMERS' MARKET SALAD BAR w/HOMESTYLE MACARONI & CHEESE 100% FRUIT STRIP</p>	<p>9 BRUNCH FOR LUNCH WAFFLE STICKS w/+++SAUSAGE PATTY HASH BROWNS 100% FRUIT JUICE</p>	<p>10 NEW ITEM! COOL LUNCH! FARMERS' MARKET SALAD BAR w/***HONEY BBQ RIB SLIDERS</p>	<p>11 SLICE OF CHEESE OR  ###PEPPERONI PIZZA w/MIXED GREEN SALAD FRESH WHOLE APPLE</p>
<p>14 BAKED CHICKEN PATTY SANDWICH ON WHEAT BUN w/BAKED CROSS TRAX FRIES FRUIT</p>	<p>15 NEW ITEM! COOL LUNCH! FARMERS' MARKET SALAD BAR w/CHEESY GARLIC FLATBREAD STAR COOKIE</p>	<p>16 ORANGE CHICKEN w/FRIED RICE STEAMED VEGETABLE MEDLEY FORTUNE COOKIE FRUIT</p>	<p>17 +++GRILLED HOT DOG ON WHOLE WHEAT BUN w/BAKED CRINKLE FRIES 100% FRUIT STRIP</p>	<p>18 CHEESE PIZZA  w/3-WAY SALAD FRUIT</p>
<p>WINTER BREAK IS</p>		<p>THRU</p>		<p>JAN. 1, 2010</p>
<p>Second Choice Vegetarian Menu:</p> <p>12/1-12/4 - Yogurt, Pretzel & Cheese Stick 12/7-12/11- Cheese Max Sticks w/Marinara Sauce 12/14-12/18- Toasted Cheese Sandwich</p> <p><i>Students may choose the featured hot lunch, salad bar, or the Vegetarian option.</i></p>		<p>AN EXTRA SERVING OF FRUITS & VEGETABLES IS OFFERED DAILY!</p> <div style="display: flex; justify-content: space-around;">   </div>		



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 <i>COOL LUNCH!</i> <i>FARMERS' MARKET</i> <i>SALAD BAR</i> w/GRILLED TURKEY HAM & CHEESE SANDWICH 30 SUN CHIPS 18	2 BAKED CHICKEN 8 w/MASHED POTATOES 22 FRESH GREEN SALAD 2 ALOHA ROLL 15 FRESH FRUIT 17	3 <i>COOL LUNCH!</i> <i>FARMERS' MARKET</i> <i>SALAD BAR</i> w/+++TACO BAR 23 BAKED CHURRO 13	4 <i>NEW ITEM!</i> CHEESE PIZZA BAGEL 39 w/3-WAY SALAD 2 100% FRUIT ICEE JUICEE 23
7 <i>NEW ITEM!</i> BAKED CLUX DELUX CHICKEN BREAST CHUNKS 16 w/BAKED POTATO ROUNDAABOUTS 17 FRUIT 17	8 <i>COOL LUNCH!</i> <i>FARMERS' MARKET</i> <i>SALAD BAR</i> w/HOMESTYLE MACARONI & CHEESE 23 100% FRUIT STRIP 12	9 <i>BRUNCH FOR LUNCH 105</i> WAFFLE STICKS w/+++SAUSAGE PATTY HASH BROWNS 100% FRUIT JUICE 15	10 <i>NEW ITEM!</i> <i>COOL LUNCH!</i> <i>FARMERS' MARKET</i> <i>SALAD BAR</i> w/***HONEY BBQ RIB SLIDERS 40	11 SLICE OF CHEESE 37 OR ###PEPPERONI PIZZA 32 w/MIXED GREEN SALAD 2 FRESH WHOLE APPLE 19
14 BAKED CHICKEN PATTY SANDWICH ON WHEAT BUN 36 w/BAKED CROSS TRAX FRIES 14 FRUIT 17	15 <i>NEW ITEM!</i> <i>COOL LUNCH!</i> <i>FARMERS' MARKET</i> <i>SALAD BAR</i> w/CHEESY GARLIC FLATBREAD 44 STAR COOKIE 19	16 ORANGE CHICKEN 20 w/FRIED RICE 29 STEAMED VEGETABLE MEDLEY 7.5 FORTUNE COOKIE 4 FRUIT 17	17 +++GRILLED HOT DOG ON WHOLE WHEAT BUN 22.5 w/BAKED CRINKLE FRIES 14 100% FRUIT STRIP 12	18 CHEESE PIZZA 37 w/3-WAY SALAD 2 FRUIT 17
WINTER BREAK IS	DEC. 21, 2009	THRU	JAN. 1, 2010	

WEEKLY NUTRITION ANALYSIS

WEEK 1			WEEK 2			WEEK 3		
Calories	741	644	Calories	722	644	Calories	682	644
Cholesterol	79 Mg	100	Cholesterol	73 Mg	100	Cholesterol	79 Mg	100
Calcium	631 Mg	267	Calcium	582 Mg	267	Calcium	562 Mg	267
Vit. A	1765 IU	1055	Vit. A	1422 IU	1055	Vit. A	3166 IU	1055
Vit. C	46 IU	15	Vit. C	26 IU	15	Vit. C	25 IU	15
Total Fat	28%	<30	Total Fat	28%	<30%	Total Fat	27%	<30%
Saturated Fat	10%	%>	Saturated Fat	12%	>	Saturated Fat	9%	>