

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

FEBRUARY 2010



A variety of milk is offered daily. Best source of Calcium.

***Contains Beef

###Contains Pork

+++Contains Turkey



100% Mozzarella

Menu is Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 ***MESQUITE GRILLED BURGER ON A WHOLE GRAIN BUN LETTUCE & PICKLE CUP w/BAKED CRINKLE CUT FRIES APPLE	2 COOL LUNCH! FARMERS' MARKET SALAD BAR w/+++CORN DOG SUN CHIPS	3 LOCO ROASTED CHICKEN w/SPANISH RICE CORN ON THE COB FLOUR TORTILLA FRUIT	4 COOL LUNCH! FARMERS' MARKET SALAD BAR w/+++TACO BAR BAKED CINNAMON CHURRO	5 CHEESE PIZZA BAGEL w/BABY CARROTS ICEE JUICE
8 SUPER BOWL NUGGETS w/BAKED POTATO ROUND ABOUTS FRESH FRUIT	9 COOL LUNCH! FARMERS' MARKET SALAD BAR w/BAKED CHICKEN PATTY ON WHOLE GRAIN BUN	10 ***ALL BEEF HOT DOG ON A WHOLE WHEAT BUN w/ BAKED SEASON WEDGES VEGETARIAN BEANS 100% FRUIT STRIP	11 COOL LUNCH! FARMERS' MARKET SALAD BAR w/CLUX DELUX CHICKEN BREAST CHUNKS	12 SLICE OF CHEESE OR ###PEPPERONI PIZZA w/3 WAY SALAD HEART COOKIE FRUIT
15 WASHINGTON'S BIRTHDAY 	16 COOL LUNCH! FARMERS' MARKET SALAD BAR w/SEÑOR FELIX BEAN & CHEESE BURRITO	17 BRUNCH FOR LUNCH FRENCH TOAST STIX w/+++SAUSAGE PATTY HASH BROWNS 100% FRUIT JUICE	18 COOL LUNCH! FARMERS' MARKET SALAD BAR w/OLYMPIC CHICKEN RINGS PATRIOTIC STAR COOKIE	19 RED BARON FRENCH BREAD PIZZA w/CELERY STICKS WITH RANCH DRESSING ICEE JUICE
22 ***GRILLED RIB B'QUE ON WHOLE GRAIN BUN w/BAKED POTATO SMILES VEGETARIAN BEANS PEACH CUP	23 COOL LUNCH! FARMERS' MARKET SALAD BAR w/GRILLED CHEESE SANDWICH SUN CHIPS	24 ORANGE CHICKEN w/CHOW MEIN SEASONED GREEN BEANS FRESH FRUIT	25 COOL LUNCH! FARMERS' MARKET SALAD BAR w/***TACO BAR CINNAMON CHURRO	26 SMART CHEESE OR ###PEPPERONI PIZZA w/FRESH MIXED GREEN SALAD FRUIT

Breakfast is served at Edison, Grant, McKinley, Muir & Rogers

BREAKFAST MENU

MONDAY
 Waffle Sticks
 w/Sausage Patty
 Applesauce

TUESDAY
 Breakfast Burrito

WEDNESDAY
 Cheese Pizza Bagel
 4 oz Juice

THURSDAY
 Biscuit w/sausage patty
 Fruit

FRIDAY
 Breakfast Rolls
 Fruit

Assorted cereals, animal crackers, 2 kinds of fruit and milk are offered daily.

Second Choice Vegetarian Menu:
 2/1-2/5 - Toasted Cheese Sandwich
 2/8-2/12 - Bean Burrito
 2/15-2/19 - Quesadilla
 2/22-2/25 - Yogurt, Pretzel & Cheese Stick


Students may choose the featured hot lunch, or salad bar, or the Vegetarian option.

PREPAY AND SAVE
 Elementary-20 lunches-\$50.00 (\$10 savings)
 Secondary-20 lunches-\$60.00 (\$10 savings)

Negative balances must be paid before a student can receive a Meal Deal. Parents may check their child's balance by calling the Food Service Office or visiting the cafeteria.

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

FEBRUARY 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 ***MESQUITE GRILLED BURGER ON A WHOLE GRAIN BUN 28 LETTUCE & PICKLE CUP 1 w/BAKED CRINKLE CUT FRIES 14 APPLE 19	2 COOL LUNCH! FARMERS' MARKET SALAD BAR w/+++CORN DOG 32 SUN CHIPS 18	3 LOCO ROASTED CHICKEN 8 w/SPANISH RICE 21 CORN ON THE COB 29 FLOUR TORTILLA 22 FRUIT 17	4 COOL LUNCH! FARMERS' MARKET SALAD BAR w/+++TACO BAR 23 BAKED CINNAMON CHURRO 14	5 CHEESE PIZZA BAGEL 39 w/BABY CARROTS 8 ICEE JUICEE 15
8 SUPER BOWL NUGGETS 14 w/BAKED POTATO ROUND ABOUTS 17 FRESH FRUIT 17	9 COOL LUNCH! FARMERS' MARKET SALAD BAR w/BAKED CHICKEN PATTY ON WHOLE GRAIN BUN 43	10 ***ALL BEEF HOT DOG ON A WHOLE WHEAT BUN 26 w/ BAKED SEASON WEDGES 16 VEGETARIAN BEANS 26 100% FRUIT STRIP 12	11 COOL LUNCH! FARMERS' MARKET SALAD BAR w/CLUX DELUXE CHICKEN BREAST CHUNKS 13	12 SLICE OF CHEESE OR ###PEPPERONI PIZZA 37 w/3 WAY SALAD 2 HEART COOKIE 19 FRUIT 17
15 WASHINGTON'S BIRTHDAY 	16 COOL LUNCH! FARMERS' MARKET SALAD BAR w/SEÑOR FELIX BEAN & CHEESE BURRITO 40	17 BRUNCH FOR LUNCH 76 FRENCH TOAST STIX w/+++SAUSAGE PATTY HASH BROWNS 100% FRUIT JUICE 14	18 COOL LUNCH! FARMERS' MARKET SALAD BAR w/OLYMPIC CHICKEN RINGS 12 PATRIOTIC STAR COOKIE 19	19 RED BARON FRENCH BREAD PIZZA 36 w/CELERY STICKS WITH RANCH DRESSING 1 ICEE JUICEE 15
22 ***GRILLED RIB B'QUE ON WHOLE GRAIN BUN 41 w/BAKED POTATO SMILES 24 VEGETARIAN BEANS 26 PEACH CUP 30	23 COOL LUNCH! FARMERS' MARKET SALAD BAR w/GRILLED CHEESE SANDWICH 33 SUN CHIPS 18	24 ORANGE CHICKEN 20 w/CHOW MEIN 12 SEASONED GREEN BEANS 3 FRESH FRUIT 17	25 COOL LUNCH! FARMERS' MARKET SALAD BAR w/***TACO BAR 23 CINNAMON CHURRO 14	26 SMART CHEESE OR 34 ###PEPPERONI PIZZA w/FRESH MIXED GREEN SALAD 2 FRUIT 17

WEEKLY NUTRITION ANALYSIS

WEEK 1			WEEK 2			WEEK 3			WEEK 4		
Average		RDA	Average		RDA	Average		RDA	Average		RDA
Calories	720	644	Calories	675	644	Calories	7009	644	Calories	695	644
Cholesterol	61 Mg	100	Cholesterol	51 Mg	100	Cholesterol	59 Mg	100	Cholesterol	61 Mg	100
Calcium	503 Mg	267	Calcium	495 Mg	267	Calcium	479 Mg	267	Calcium	625 Mg	267
Vit. A	2150 IU	1055	Vit. A	2113 IU	1055	Vit. A	2674 IU	1055	Vit. A	2161 IU	1055
Vit. C	46 IU	15	Vit. C	27 IU	15	Vit. C	42 IU	15	Vit. C	45 IU	15
Total Fat	25%	<30%>	Total Fat	28%	<30%>	Total Fat	28%	<30%>	Total Fat	27%	<30%>
Saturated Fat	8%	<10%>	Saturated Fat	8%	<10%>	Saturated Fat	9%	<10%>	Saturated Fat	9%	<10%>