


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

**JANUARY 2010**

\*\*\*Contains Beef

+++Contains Turkey

###Contains Pork

 100% Mozzarella

Menu is subject to change

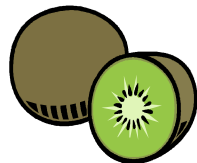






A variety of milk is offered daily. Best source of calcium

**HARVEST OF THE MONTH**

**KIWI**

- packed with good nutrition
- 1 kiwi has 1/2 of a day's Vitamin C
- the skin of a kiwi is edible
- Green fruits and vegetables help protect our eyes, bones and teeth.

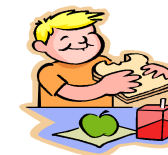


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 GRILLED CHEESE SANDWICH w/BABY CARROTS SUN CHIPS FRUIT	5 <i>COOL LUNCH!</i> FARMERS' MARKET SALAD BAR w/**MINI CHEESEBURGER TWINS VANILLA SPORTS COOKIES	6 <i>NEW ITEM!</i> ROASTED CHICKEN w/MASHED POTATOES ALOHA ROLL FRUIT	7 <i>COOL LUNCH!</i> FARMERS' MARKET SALAD BAR w/+++TACO BAR	8 GALAXY DEEP DISH CHEESE PIZZA w/3 WAY SALAD FRUIT 
11 BAKED CHICKEN NUGGETS w/BAKED POTATO SMILES WHOLE WHEAT ROLL FRUIT	12 <i>COOL LUNCH!</i> FARMERS' MARKET SALAD BAR w/+++CORN DOG	13 ***HONEY BBQ RIB SANDWICH ON WHOLE WHEAT BUN w/CORN ON THE COB FRUIT	14 <i>COOL LUNCH!</i> FARMERS' MARKET SALAD BAR DAY w/HOME STYLE SPAGHETTI w/++MEAT SAUCE CHEESY GARLIC FLAT BREAD	15 <i>NEW ITEM!</i> SICILIAN STYLE CHEESE OR ###PEPPERONI PIZZA w/MIXED GREEN SALAD, FRUIT <i>Suggested by Roosevelt Students!!</i> 
18  MARTIN LUTHER KING'S BIRTHDAY  HOLIDAY	19 <i>NEW ITEM!</i> CLUX DELUX CHICKEN PATTY SANDWICH ON A WHOLE WHEAT BUN w/BAKED POTATO ROUNDABOUTS FRUIT	20 BRUNCH FOR LUNCH FRENCH TOAST STICKS w/+++SAUSAGE LINKS HASH BROWNS 100% FRUIT JUICE	21 <i>COOL LUNCH!</i> FARMERS' MARKET SALAD BAR w/+++TACO BAR CHURRO	22 RED BARON FRENCH BREAD PIZZA w/BABY CARROTS ICEE JUICE 
25 <i>Suggested by Roosevelt Students!!</i> <i>NEW ITEM!</i> CLUX DELUX CHICKEN BREAST CHUNKS w/BAKED SEASONED POTATO WEDGES WHOLE WHEAT ROLL 100% FRUIT STRIP	26 <i>COOL LUNCH!</i> FARMERS' MARKET SALAD BAR w/+++HOT DOG ON WHOLE WHEAT BUN VEGGIE BEANS	27 HOME STYLE MAC & CHEESE w/FRESH GREEN SALAD FRUIT	28 <i>COOL LUNCH!</i> FARMERS' MARKET SALAD BAR w/BAKED CHICKEN ROUNDUPS WHOLE WHEAT ROLL	29 SLICE OF CHEESE OR ###PEPPERONI PIZZA w/CELERY STICKS WITH RANCH DRESSING FRUIT 

**Second Choice Vegetarian Menu:**

- 1/4-1/8 - Bean Burrito  
 1/11-1/15 - Quesadilla  
 1/18-1/22 - Yogurt, Pretzels & Cheese Stick  
 1/25-1/29 - Cheese Max Sticks w/Marinara Sauce  
 Students may choose the featured hot lunch, or salad bar, or the Vegetarian option.

Free and Reduced applications are accepted throughout the school year!



**Lunch Prices:**

Full Price: \$3.00  
 Reduced: \$0.40

**Meal Deal**

20 lunches-\$50.00

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ELEMENTARY LUNCH MENU**

**JANUARY 2010**

**CARB COUNTS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 GRILLED CHEESE SANDWICH <b>33</b> w/BABY CARROTS <b>8</b> SUN CHIPS <b>18</b> FRUIT <b>17</b>	5 <i>COOL LUNCH!</i> FARMERS' MARKET SALAD BAR w/**MINI CHEESEBURGER TWINS <b>59</b> VANILLA SPORTS COOKIES <b>19</b>	6 <i>NEW ITEM!</i> ROASTED CHICKEN <b>8</b> w/MASHED POTATOES <b>22</b> ALOHA ROLL <b>14</b> FRUIT <b>17</b>	7 <i>COOL LUNCH!</i> FARMERS' MARKET SALAD BAR w/+++TACO BAR <b>23</b>	8 GALAXY DEEP DISH CHEESE PIZZA <b>29</b> w/3 WAY SALAD <b>2</b> FRUIT <b>17</b>
11 BAKED CHICKEN NUGGETS <b>15</b> w/BAKED POTATO SMILES <b>24</b> WHOLE WHEAT ROLL <b>25</b> FRUIT <b>17</b>	12 <i>COOL LUNCH!</i> FARMERS' MARKET SALAD BAR w/+++CORN DOG <b>32</b>	13 ***HONEY BBQ RIB SANDWICH ON WHOLE WHEAT BUN <b>40</b> W/CORN ON THE COB <b>29</b> FRUIT <b>17</b>	14 <i>COOL LUNCH!</i> FARMERS' MARKET SALAD BAR DAY w/HOME STYLE SPAGHETTI w/+++MEAT SAUCE <b>32</b> CHEESY GARLIC FLAT BREAD <b>22</b>	15 <i>NEW ITEM!</i> SICILIAN STYLE CHEESE <b>48</b> OR ###PEPPERONI PIZZA <b>48</b> w/MIXED GREEN SALAD <b>2</b> FRUIT <b>17</b>
18  MARTIN LUTHER KING'S BIRTHDAY  HOLIDAY	19 <i>NEW ITEM!</i> CLUX DELUX CHICKEN PATTY SANDWICH ON A WHOLE WHEAT BUN <b>45</b> w/BAKED POTATO ROUNDABOUTS <b>17</b> FRUIT <b>17</b>	20 BRUNCH FOR LUNCH <b>76</b> FRENCH TOAST STICKS w/+++SAUSAGE LINKS HASH BROWNS 100% FRUIT JUICE <b>15</b>	21 <i>COOL LUNCH!</i> FARMERS' MARKET SALAD BAR w/+++TACO BAR <b>23</b> CHURRO <b>13</b>	22 RED BARON FRENCH BREAD PIZZA <b>36</b> w/BABY CARROTS <b>8</b> 100% FRUIT ICEE JUICEE <b>15</b>
25 <i>NEW ITEM!</i> CLUX DELUX CHICKEN BREAST CHUNKS <b>16</b> w/BAKED SEASONED POTATO WEDGES <b>16</b> WHOLE WHEAT ROLL <b>25</b> 100% FRUIT STRIP <b>12</b>	26 <i>COOL LUNCH!</i> FARMERS' MARKET SALAD BAR w/+++HOT DOG ON WHOLE WHEAT BUN <b>25</b> VEGGIE BEANS <b>26</b>	27 HOME STYLE MAC & CHEESE <b>23</b> w/FRESH GREEN SALAD <b>2</b> FRUIT <b>17</b>	28 <i>COOL LUNCH!</i> FARMERS' MARKET SALAD BAR w/BAKED CHICKEN ROUNDUPS <b>13</b> WHOLE WHEAT ROLL <b>25</b>	29 SLICE OF CHEESE <b>48</b> OR ###PEPPERONI PIZZA <b>48</b> w/CELERY STICKS WITH RANCH DRESSING FRUIT <b>17</b>

**WEEKLY NUTRITION ANALYSIS**

WEEK 1			WEEK 2			WEEK 3			WEEK 4		
Average	RDA		Average	RDA		Average	RDA		Average	RDA	
Calories	686	644	Calories	633	644	Calories	728	644	Calories	694	644
Cholesterol	65 Mg	100	Cholesterol	49 Mg	100	Cholesterol	78 Mg	100	Cholesterol	62 Mg	100
Calcium	507 Mg	267	Calcium	636 Mg	267	Calcium	506 Mg	267	Calcium	579 Mg	267
Vit. A	2112 IU	1055	Vit. A	1994 IU	1055	Vit. A	1558 IU	1055	Vit. A	2116 IU	1055
Vit. C	33 IU	15	Vit. C	27 IU	15	Vit. C	41 IU	15	Vit. C	25 IU	15
Total Fat	27%	<30%>	Total Fat	24%	<30%>	Total Fat	29%	<30%>	Total Fat	27%	<30%>
Saturated Fat	10%	<10%>	Saturated Fat	8%	<10%>	Saturated Fat	10%	<10%>	Saturated Fat	10%	<10%>