



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

MARCH 2010



A variety of milk is offered daily- Best source

READY-SET-GO!

JOIN US FOR BREAKFAST

***Contains Beef

+++Contains Turkey

###Contains Pork



100% Mozzarella

Menu is subject to Change

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|--|
| 1 CLUX DELUXE CHICKEN PATTY ON WHOLE GRAIN BUN w/BAKED POTATO SMILES 100% FRUIT STRIP <p align="center">NATIONAL</p> | 2 <i>COOL LUNCH!</i> FARMERS' MARKET SALAD BAR w/ZOO CREW CHICKEN NUGGETS ABC CHEEZ ITS <i>DR. SEUS' BIRTHDAY</i> <p align="center">SCHOOL</p> | 3 <i>BRUNCH FOR LUNCH</i> FRENCH TOAST STICKS w/***SAUSAGE PATTY HASH BROWN 100% FRUIT JUICE <p align="center">BREAKFAST</p> | 4 <i>COOL LUNCH!</i> FARMERS' MARKET SALAD BAR w/+++CORN DOG SUN CHIPS <p align="center">WEEK!!</p> | 5 THIN CRUST CHEESE OR ###PEPPERONI PIZZA w/FRESH GREEN SALAD FRUIT |
| 8 ALL BEEF HOT DOG ON WHOLE WHEAT BUN w/SEASONED BAKED POTATO WEDGES BAKED VEGGIE BEANS FRESH SEASONAL FRUIT | 9 <i>COOL LUNCH!</i> FARMERS' MARKET SALAD BAR w/SENOR FELIX BEAN & CHEESE BURRITO STAR COOKIE | 10 LOCO ROASTED CHICKEN FRESH SALAD CUP FLOUR TORTILLA SALSA FRUIT | 11 <i>COOL LUNCH!</i> FARMERS' MARKET SALAD BAR w/***HONEY BBQ RIB B QUE SANDWICH ON WHOLE GRAIN BUN | 12 CLASSIC WEDGE CHEESE OR ###PEPPERONI PIZZA w/CELERY STICKS & RANCH DRESSING 100% FRUIT ICEE |
| 15 ***MESQUITE GRILLED BURGER ON WHOLE GRAIN BUN w/BAKED TATER TOTS FRUIT | 16 <i>COOL LUNCH!</i> FARMERS' MARKET SALAD BAR w/CHEESY GARLIC FLATBREAD | 17 ST. PATRICK'S DAY SHAMROCK CHICKEN NUGGETS w/BAKED POTATO STARS SHAMROCK COOKIE FRESH SEASONAL FRUIT | 18 <i>COOL LUNCH!</i> FARMERS' MARKET SALAD BAR w/+++TACO BAR CINNAMON CHURRO | 19 SLICE OF CHEESE OR ###PEPPERONI PIZZA w/3 WAY SALAD FRUIT |
| 22 BAKED CHICKEN w/CORN ON THE COB BAKED VEGGIE BEANS WHOLE WHEAT ROLL FRUIT | 23 <i>COOL LUNCH!</i> FARMERS' MARKET SALAD BAR w/GRILLED CHEESE SANDWICH SUN CHIPS | 24 ORANGE CHICKEN w/CHOW MEIN STEAMED BROCCOLI FORTUNE COOKIE FRESH APPLE | 25 BAKED CHICKEN TENDERS w/BAKED POTATO ROUNDABOUTS 100% FRUIT STRIP | 26 SICILIAN STYLE CHEESE OR ###PEPPERONI PIZZA w/FRESH BABY CARROTS 100% FRUIT ICEE JUICEE |
| 29 <p align="center">SPRING BREAK</p> | 30 <p align="center">MARCH 30 THRU</p> | 31 <p align="center">APR. 9, 2010</p> | Second Choice Vegetarian Menu: 3/1-3/5 - Cheese Sticks w/Marinara Sauce 3/8-3/12 - Toasted Cheese Sandwich 3/15-3/19 - Bean Burrito 3/22-3/26 - Quesadilla Students may choose the featured hot lunch, or salad bar, or the Vegetarian option. | |

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

Look for special events at your school during National School Breakfast Week

SANTA MONICA-MALIBU UNIFIED SCHOOL DISTRICT

MARCH 2010

CARB COUNTS

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|--|---|
| 1 CLUX DELUXE CHICKEN PATTY ON WHOLE GRAIN BUN 37 w/BAKED POTATO SMILES 24 100% FRUIT STRIP 12 | 2 COOL LUNCH! FARMERS' MARKET SALAD BAR w/ZOO CREW CHICKEN NUGGETS 12 ABC CHEEZ ITS 12 | 3 BRUNCH FOR LUNCH 76 FRENCH TOAST STICKS w/**SAUSAGE PATTY HASH BROWN 100% FRUIT JUICE 15 | 4 COOL LUNCH! FARMERS' MARKET SALAD BAR w/+++CORN DOG 30 SUN CHIPS 18 | 5 THIN CRUST CHEESE OR ###PEPPERONI PIZZA 36 w/FRESH GREEN SALAD 2 FRUIT 17 |
| 8 ALL BEEF HOT DOG ON WHOLE WHEAT BUN 26 w/SEASONED BAKED POTATO WEDGES 16 BAKED VEGGIE BEANS 26 FRESH SEASONAL FRUIT 17 | 9 COOL LUNCH! FARMERS' MARKET SALAD BAR w/SENOR FELIX BEAN & CHEESE BURRITO 40 STAR COOKIE 19 | 10 LOCO ROASTED CHICKEN FRESH SALAD CUP 2 FLOUR TORTILLA 22 SALSA 2 FRUIT 17 | 11 COOL LUNCH! FARMERS' MARKET SALAD BAR w/**HONEY BBQ RIB B QUE SANDWICH ON WHOLE GRAIN BUN 41 | 12 CLASSIC WEDGE CHEESE OR ###PEPPERONI PIZZA 35 w/CELERY STICKS & RANCH DRESSING 1 100% FRUIT ICEE JUICE 15 |
| 15 ***MESQUITE GRILLED BURGER ON WHOLE GRAIN BUN 29 w/BAKED TATER TOTS 20 FRUIT 17 | 16 COOL LUNCH! FARMERS' MARKET SALAD BAR w/CHEESY GARLIC FLATBREAD 44 | 17 ST. PATRICK'S DAY SHAMROCK CHICKEN NUGGETS 12 w/BAKED POTATO STARS 17 SHAMROCK COOKIE 19 FRESH SEASONAL FRUIT 17 | 18 COOL LUNCH! FARMERS' MARKET SALAD BAR w/+++TACO BAR CHICKEN FAJITAS 1 FLOUR TORTILLA 22 CINNAMON CHURRO 14 | 19 SLICE OF CHEESE OR ###PEPPERONI PIZZA 35 w/3 WAY SALAD 2 FRUIT 17 |
| 22 BAKED CHICKEN 8 w/CORN ON THE COB 29 BAKED VEGGIE BEANS 26 WHOLE WHEAT ROLL 25 FRUIT 17 | 23 COOL LUNCH! FARMERS' MARKET SALAD BAR w/GRILLED CHEESE SANDWICH 33 SUN CHIPS 18 | 24 ORANGE CHICKEN 20 w/CHOW MEIN 12 STEAMED BROCCOLI 6 FORTUNE COOKIE 4 FRESH APPLE 19 | 25 BAKED CHICKEN TENDERS 12 w/BAKED POTATO ROUNDABOUTS 17 100% FRUIT STRIP 12 | 26 SICILIAN STYLE CHEESE OR ###PEPPERONI PIZZA 35 w/FRESH BABY CARROTS 6 100% FRUIT ICEE JUICE 15 |

WEEKLY NUTRITION ANALYSIS

| WEEK 1 | | | WEEK 2 | | | WEEK 3 | | | WEEK 4 | | |
|---------------|---------|-------|---------------|---------|-------|---------------|---------|-------|---------------|---------|-------|
| Average | | RDA | Average | | RDA | Average | | RDA | Average | | RDA |
| Calories | 737 | 644 | Calories | 666 | 644 | Calories | 692 | 644 | Calories | 713 | 644 |
| Cholesterol | 60 Mg | 100 | Cholesterol | 54 Mg | 100 | Cholesterol | 56 Mg | 100 | Cholesterol | 54 Mg | 100 |
| Calcium | 465 Mg | 267 | Calcium | 574 Mg | 267 | Calcium | 521 Mg | 267 | Calcium | 469 Mg | 267 |
| Vit. A | 2130 IU | 1055 | Vit. A | 2146 IU | 1055 | Vit. A | 2145 IU | 1055 | Vit. A | 1808 IU | 1055 |
| Vit. C | 32 IU | 15 | Vit. C | 32 IU | 15 | Vit. C | 27 IU | 15 | Vit. C | 53 IU | 15 |
| Total Fat | 24% | <30%> | Total Fat | 27% | <30%> | Total Fat | 28% | <30%> | Total Fat | 23% | <30%> |
| Saturated Fat | 7% | <10%> | Saturated Fat | 9% | <10%> | Saturated Fat | 9% | <10%> | Saturated Fat | 8% | <10%> |