

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

NOVEMBER 2009



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

FARMERS' MARKET SALAD BAR IS OFFERED DAILY AS AN ALTERNATIVE TO THE HOT LUNCH



Harvest of the Month

Farm Fresh Kiwi from Harry Nicholas Farm Central Valley, CA

Kiwis are rich in Vitamin C. They are rich in lutein which reduces the risk of cancer. Kiwis are also low in sodium, high in potassium. They help protect against heart disease, diabetes, and help control blood pressure.

An extra serving of fruits & vegetables is offered daily!

***Contains Beef

+++Contains Turkey

###Contains Chicken



100% Mozzarella

Menu is subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 BAKED CHICKEN ROUND-UPS w/BAKED SEASONED POTATO WEDGES WHEAT ROLL 100% FRUIT STRIP <i>(NEW!)</i>	3 <i>COOL LUNCH!</i> FARMERS' MARKET SALAD BAR w/+++MINI CORN DOGS	4 <i>BRUNCH FOR LUNCH</i> FRENCH TOAST STICKS w/+++SAUSAGE PATTY HASH BROWNS FRUIT	5 <i>COOL LUNCH!</i> FARMERS' MARKET SALAD BAR w/+++TACO BAR	6 SMART CHEESE PIZZA w/FRESH GREEN SALAD FRESH FRUIT
9 GRILLED CHEESE SANDWICH w/FRESH BABY CARROTS FRESH SEASONAL FRUIT SUN CHIPS	10 <i>COOL LUNCH!</i> FARMERS' MARKET SALAD BAR w/BAKED CHICKEN STRIPS	11 VETERAN'S DAY HOLIDAY	12 <i>COOL LUNCH!</i> FARMERS' MARKET SALAD BAR w/***HONEY GLAZED BBQ SANDWICH ON WHOLE WHEAT ROLL	13 GALAXY DEEP DISH CHEESE PIZZA w/MIXED GREEN SALAD FRESH APPLE
16 <i>NEW ITEM!</i> BAKED CLUX DELUX CHICKEN BREAST PATTY SANDWICH ON WHOLE WHEAT BREAD w/BAKED TATER ROUND-ABOUTS FRUIT	17 <i>COOL LUNCH!</i> FARMERS' MARKET SALAD BAR w/+++HOT DOG ON WHOLE WHEAT BUN	18 ALL ELEMENTARY SCHOOL SITES CLOSED	19 <i>COOL LUNCH!</i> FARMERS' MARKET SALAD BAR w/+++TACO BAR	20 CHEESE PIZZA w/FRESH GREEN SALAD 100% FRUIT ICEE JUICEE
23 +++BBQ SLIDERS w/BAKED CROSS TRAX FRIES FRUIT	24 <i>COOL LUNCH!</i> FARMERS' MARKET SALAD w/BAKED CHICKEN GIGGLES TURKEY COOKIE	25 CHEESE PIZZA w/FRESH BABY CARROTS 100% FRUIT STRIP	26 THANKSGIVING HOLIDAY	27 THANKSGIVING HOLIDAY
30 ***MESQUITE GRILLED HAMBURGER ON WHEAT BUN w/BAKED CRISS CUT FRIES FRESH SEASONAL FRUIT	Second Choice Vegetarian Menu: 11/2-11/6 - Yogurt & Pretzels 11/9-11/13 - Cheese Max Sticks w/Marinara Sauce 11/16-11/20 - Toasted Cheese Sandwich 11/23-11/25 - Bean Burrito 11/30 - Quesadilla Students may choose the featured hot lunch, <u>or</u> salad bar, <u>or</u> the Vegetarian option.		Meal Deal for Elementary Sites-20 lunches-\$50.00 ELEMENTARY FULL PRICE BREAKFAST-\$1.25 REDUCED BREAKFAST-\$0.30 ELEMENTARY FULL PRICE LUNCH-\$3.00 REDUCED LUNCH-\$0.40 MEAL APPLICATIONS ARE ACCEPTED THROUGHOUT THE SCHOOL YEAR	

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY				
2 BAKED CHICKEN ROUNDUPS 13 w/BAKED SEASONED POTATO WEDGES 16 WHEAT ROLL 25 100% FRUIT STRIP <i>(NEW!)</i> 12	3 COOL LUNCH! FARMERS' MARKET SALAD BAR w/+++MINI CORN DOGS 26	4 BRUNCH FOR LUNCH 76 FRENCH TOAST STICKS w/+++SAUSAGE PATTY HASH BROWNS FRUIT 17	5 COOL LUNCH! FARMERS' MARKET SALAD BAR w/+++TACO BAR 23	6 SMART CHEESE PIZZA 34 w/FRESH GREEN SALAD 2 FRESH FRUIT 17				
9 GRILLED CHEESE SANDWICH 33 W/FRESH BABY CARROTS 8 FRESH SEASONAL FRUIT 17 SUN CHIPS	10 COOL LUNCH! FARMERS' MARKET SALAD BAR w/BAKED CHICKEN STRIPS 12	11 VETERAN'S DAY HOLIDAY	12 COOL LUNCH! FARMERS' MARKET SALAD BAR w/***HONEY GLAZED BBQ SANDWICH ON WHOLE WHEAT ROLL 49	13 GALAXY DEEP DISH CHEESE PIZZA 29 w/MIXED GREEN SALAD 2 FRESH APPLE 19				
16 NEW ITEM! BAKED CLUX DELUX CHICKEN BREAST PATTY SANDWICH ON WHOLE WHEAT BREAD 34 w/BAKED TATER ROUND- ABOUTS 20 FRUIT 17	17 COOL LUNCH! FARMERS' MARKET SALAD BAR w/+++HOT DOG ON WHOLE WHEAT BUN 24	18 ALL ELEMENTARY SCHOOL SITES CLOSED	19 COOL LUNCH! FARMERS' MARKET SALAD BAR w/+++TACO BAR 23	20 CHEESE PIZZA 37 w/FRESH GREEN SALAD 2 100% FRUIT ICEE JUICEE 15				
23 +++BBQ SLIDERS 47 w/BAKED CROSS TRAX 14 FRIES FRUIT 17	24 COOL LUNCH! FARMERS' MARKET SALAD W/BAKED CHICKEN GIGGLES 13 TURKEY COOKIE 19	25 CHEESE PIZZA 37 w/FRESH BABY CARROTS 8 100% FRUIT STRIP 12	26 THANKSGIVING HOLIDAY	27 THANKSGIVING HOLIDAY				
30 ***MESQUITE GRILLED HAMBURGER ON WHEAT BUN 29 w/BAKED CRISS CUT FRIES 14 FRESH SEASONAL FRUIT 17	WEEKLY NUTRITION ANALYSIS							
	WEEK 1		WEEK 2		WEEK 3		WEEK 4	
	Calories 696 Cholesterol 72 Mg Calcium 486 Mg Vit. A 1503 IU Vit. C 23 IU	644 100 267 1055 15	Calories 682 Cholesterol 65 Mg Calcium 720 Mg Vit. A 1869 IU Vit. C 25 IU	644 100 267 1055 15	Calories 668 Cholesterol 71 Mg Calcium 626 Mg Vit. A 1575 IU Vit. C 39 IU	644 100 267 1055 15	Calories 657 Cholesterol 56 Mg Calcium 556 Mg Vit. A 1406 IU Vit. C 21 IU	644 100 267 1055 15
	Total Fat 33% Saturated Fat 12%	<30%> <10%>	Total Fat 31% Saturated Fat 13%	<30%> <10%>	Total Fat 28% Saturated Fat 10%	<30%> <10%>	Total Fat 28% Saturated Fat 10%	<30%> <10%>