



A variety of milk is offered daily. Best source of calcium for bone building.

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



FARMERS MARKET SALAD BAR Harvest of the Month

Farm Fresh Grapes Harry Nicholas Farm Central Valley, CA

Grapes are good for the heart, brain and immune system!

An extra serving of fruits & vegetables is offered daily!

SANTA MONICA-MALIBU UNIFIED SCHOOL DISTRICT ELEMENTARY LUNCH MENU

OCTOBER 2009

***Contains Beef +++Contains Turkey ###Contains Chicken 100% Mozzarella Menu is subject to change

Beginning October 1, 2009, the Meal Deal will be:					
Elementary-20 lunches-\$50.00 Secondary-20 lunches-\$60.00					
Negative balances must be paid <u>before</u> a student can receive a Meal Deal. All prepayments must be received by the Office Staff by 9:00 am in order to be credited for that day's meal. Parents may prepay for two meal deals at one time. Parents may check their child's balance by calling the Central Office or visiting the cafeteria					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Parents, please note that the 08/09 Meal Application expires the morning of October 21, 2009. Please submit your 2009/10 meal application by October 2, 2009 or sooner. It can take up to <u>10 days</u> to process an application. <u>Applications are on line</u> ELEMENTARY FULL PRICE BREAKFAST-\$1.25 REDUCED BREAKFAST-\$0.30					
5 CHICKEN SANDWICH ON WHEAT BUN CRINKLE CUT FRIES ICEE JUICEE		6 NEW ITEM! COOL LUNCH! FARMERS' MARKET SALAD BAR w/+++MINI CORN DOGS	7 ***TERIYAKI DUNKERS w/GREEN BEANS STEAMED RICE FRUIT	8 NEW ITEM! COOL LUNCH! FARMERS' MARKET SALAD BAR w/+++BBQ SLIDERS	9 GALAXY DEEP DISH CHEESE PIZZA w/GREEN SALAD FRUIT 09/10 MEAL APPLICATIONS DUE!!
12 BAKED CHICKEN NUGGETS w/BAKED POTATO WEDGES WHEAT ROLL FRESH SEASONAL FRUIT NATONAL		13 COOL LUNCH! FARMERS' MARKET SALAD BAR +++HOT DOG SCHOOL	14 BRUNCH FOR LUNCH PANCAKES w/+++SAUSAGE PATTY HASHBROWNS FRUIT LUNCH	15 COOL LUNCH! FARMERS' MARKET SALAD BAR w/BAKED CHICKEN WEEK	16 CHEESE PIZZA w/TOSSED SALAD FRESH SLICED APPLES
19 ***HONEY BBQ RIB SANDWICH BAKED CRISS CUT FRIES FRUIT		20 COOL LUNCH! FARMERS' MARKET SALAD BAR w/BAKED CHICKEN ROUNDUPS WHEAT ROLL	21 ORANGE FLAVORED CHICKEN w/STEAMED RICE MIXED VEGETABLES FRESH SEASONAL FRUIT WHEAT ROLL 08/09 MEAL APPLICATIONS EXPIRE	22 COOL LUNCH! FARMERS' MARKET SALAD BAR w/+++TACO BAR	23 GALAXY DEEP DISH CHEESE PIZZA w/FRESH GREEN SALAD FRUIT
26 **MESQUITE GRILLED CHEESEBURGER ON A WHEAT BUN w/BAKED POTATO SMILES FRUIT		27 COOL LUNCH! FARMERS' MARKET SALAD BAR w/BAKED CHICKEN STRIPS	28 SPAGHETTI WITH***MEAT SAUCE FRESH SALAD CUP BREAD STICK FRUIT	29 COOL LUNCH! FARMERS' MARKET SALAD BAR w/+++CORN DOG	30 CHEESE PIZZA w/3-WAY SALAD PUMPKIN COOKIE FRESH FRUIT

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

OCTOBER 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 <i>COOL LUNCH!</i> FARMERS' MARKET SALAD BAR w/+++TACO BAR 21	2 CHEESE PIZZA 37 w/3-WAY SALAD 2 FRUIT 17
5 CHICKEN SANDWICH ON WHEAT BUN 36 CRINKLE CUT FRIES 14 ICEE JUICEE 15	6 <i>NEW ITEM!</i> <i>COOL LUNCH!</i> FARMERS' MARKET SALAD BAR w/+++MINI CORN DOGS 26	7 ***TERIYAKI DUNKERS 3 w/GREEN BEANS 3 STEAMED RICE 20 FRUIT 17	8 <i>NEW ITEM!</i> <i>COOL LUNCH!</i> FARMERS' MARKET SALAD BAR w/+++BBQ SLIDERS 31	9 GALAXY DEEP DISH CHEESE PIZZA 29 w/GREEN SALAD 2 FRUIT 17
12 BAKED CHICKEN NUGGETS 15 w/BAKED POTATO WEDGES 16 WHEAT ROLL 25 FRESH SEASONAL FRUIT 17	13 <i>COOL LUNCH!</i> FARMERS' MARKET SALAD BAR +++HOT DOG 25	14 <i>BRUNCH FOR LUNCH 74</i> PANCAKES w/***SAUSAGE PATTY HASHBROWNS FRUIT 17	15 <i>COOL LUNCH!</i> FARMERS' MARKET SALAD BAR w/BAKED CHICKEN 2	16 CHEESE PIZZA 37 w/TOSSED SALAD 2 FRESH SLICED APPLES 19
19 ***HONEY BBQ RIB SANDWICH 41 BAKED CRISS CUT FRIES 14 FRUIT 17	20 <i>COOL LUNCH!</i> FARMERS' MARKET SALAD BAR w/BAKED CHICKEN ROUNDUPS 13 WHEAT ROLL 25	21 ORANGE FLAVORED CHICKEN 16 w/STEAMED RICE 20 MIXED VEGETABLES 12 FRESH SEASONAL FRUIT 17 WHEAT ROLL 25	22 <i>COOL LUNCH!</i> FARMERS' MARKET SALAD BAR w/+++TACO BAR 21	23 GALAXY DEEP DISH CHEESE PIZZA 29 w/FRESH GREEN SALAD 2 FRUIT 17
26 **MESQUITE GRILLED CHEESEBURGER ON A WHEAT BUN 34 w/BAKED POTATO SMILES 24 FRUIT 17	27 <i>COOL LUNCH!</i> FARMERS' MARKET SALAD BAR w/BAKED CHICKEN STRIPS 12	28 SPAGHETTI WITH***MEAT SAUCE 32 FRESH SALAD CUP 2 BREAD STICK 20 FRUIT 17	29 <i>COOL LUNCH!</i> FARMERS' MARKET SALAD BAR w/+++CORN DOG 32	30 CHEESE PIZZA 37 W/3-WAY SALAD 2 PUMPKIN COOKIE 19 FRESH FRUIT 17

WEEKLY NUTRITION ANALYSIS

WEEK 1			WEEK 2			WEEK 3			WEEK 4		
Calories	626	644	Calories	640	644	Calories	627	644	Calories	670	644
Cholesterol	57 Mg	100	Cholesterol	62 Mg	100	Cholesterol	60 Mg	100	Cholesterol	64 Mg	100
Calcium	498 Mg	267	Calcium	544 Mg	267	Calcium	641 Mg	267	Calcium	549 Mg	267
Vit. A	1585 IU	1055	Vit. A	1304 IU	1055	Vit. A	2244 IU	1055	Vit. A	1717 IU	1055
Vit. C	37 IU	15	Vit. C	19 IU	15	Vit. C	26 IU	15	Vit. C	35 IU	15
Total Fat	28%	<30%>	Total Fat	29%	<30%>	Total Fat	25%	<30%>	Total Fat	27%	<30%>
Saturated Fat	10%	<10%>	Saturated Fat	10%	<10%>	Saturated Fat	8%	<10%>	Saturated Fat	10%	<10%>