

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

SEPTEMBER 09

***Contains Beef

+++Contains Turkey

###Contains Chicken



100% Mozzarella

Menu is subject to change



The Farmers' Market Salad Bar offers a variety of farm fresh, seasonal fruits and vegetables every day.

BUT THAT'S NOT ALL!

Protein selections include light tuna, turkey ham, hard boiled eggs, cottage cheese and yogurt. Pasta, rolls or crackers are served daily. Baked potatoes are offered on Tuesdays. When cookies are offered with the hot lunch, they are also offered at the salad bar.

It's a *Cool Lunch* for cool kids!

An extra serving of fruits & vegetables is offered daily!



Meal Deal Prepayment Special for the month of September only: Elementary-20 lunches-\$45.00 Secondary-20 lunches-\$55.00		Breakfast is served at the following elementary sites: Edison, Grant, McKinley, Muir/Smash, Rogers		
Beginning October 1, 2009, the Meal Deal will be: Elementary-20 lunches-\$50.00 Secondary-20 lunches-\$60.00		A variety of milk is offered daily. Best source of calcium for bone building.		
Parents can prepay for only <u>2 months or 40 lunches</u> at a time (two Meal Deals)				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meal prices for the 09/10 school year will be: Elementary Breakfast-\$1.25-Lunch-\$3.00 Secondary Breakfast-\$1.50-Lunch\$3.50		9 BRUNCH FOR LUNCH FRENCH TOAST STICKS w/**SAUSAGE PATTY BAKED TRI TATER FRESH SLICED APPLES	10 BAKED CHICKEN ROUNDUPS w/BAKED CRINKLE FRIES FRUIT	11 CHEESE PIZZA w/GREEN SALAD FRUIT
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>		<i>WELCOME BACK!</i>		
14 BAKED CHICKEN PATTY ON WHEAT BUN LETTUCE & PICKLE CUP w/BAKED POTATO SMILES FRUIT <i>FIRST DAY OF FARMERS' MARKETS SALAD BAR</i>	15 COOL LUNCH! FARMERS' MARKET SALAD BAR w/CHEESEY GARLIC FRENCH BREAD PIZZA	16 ***MESQUITE GRILLED BEEF SLIDERS w/CORN ON THE COB BASEBALL COOKIE FRESH SLICED APPLES	17 COOL LUNCH! FARMERS' MARKET SALAD BAR w/+++TACO BAR	18 GALAXY DEEP DISH CHEESE PIZZA w/3-WAY SALAD ICEE JUICEE
21 NEW ITEM! TERIYAKI CHICKEN BOWL w/STEAMED RICE GREEN BEANS FORTUNE COOKIE FRUIT	22 COOL LUNCH! FARMERS' MARKET SALAD BAR w/BAKED CHICKEN WHOLE WHEAT ROLL	23 BRUNCH FOR LUNCH WAFFLE STICKS w/**SAUSAGE PATTY HASHBROWNS 100% ORANGE JUICE	24 COOL LUNCH! FARMERS' MARKET SALAD BAR w/+++TURKEY CORN DOG ANIMAL CRACKERS	25 WILD MIKE'S CHEESE PIZZA w/TOSSED SALAD FRESH SLICED APPLES
28 ADMISSIONS DAY HOLIDAY	29 NEW ITEM! COOL LUNCH! FARMERS' MARKET SALAD BAR w/+++TOTALLY TACOS	30 NEW ITEM! +++GRILLED TURKEY HAM & CHEESE W/FRESH BABY CARROTS, SUN CHIPS STAR COOKIE FRESH SLICED APPLES	Second Choice Vegetarian Menu: 9/9-9/11 - Cheese Quesadilla 9/14-9/18 - Cheese sticks with Marinara Sauce 9/21-9/25 - Toasted Cheese Sandwich 9/28-9/30 - Bean Burrito	
		Students may choose the featured hot lunch, <u>or</u> salad bar, <u>or</u> the Vegetarian option.		


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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
www.smmusd.org/foodservices				
14 BAKED CHICKEN PATTY ON WHEAT BUN 41 LETTUCE & PICKLE CUP 1 w/BAKED POTATO SMILES 24 FRUIT 17	15 <i>COOL LUNCH!</i> FARMERS' MARKET SALAD BAR w/CHEESEY GARLIC FRENCH BREAD PIZZA 31	16 ***MESQUITE GRILLED BEEF SLIDERS 58 w/CORN ON THE COB 29 BASEBALL COOKIE 18 FRUIT 17	17 <i>COOL LUNCH!</i> FARMERS' MARKET SALAD BAR w/+++TACO BAR 21	18 GALAXY DEEP DISH 29 CHEESE PIZZA w/3-WAY SALAD 2 ICEE JUICE 23
21 <i>NEW ITEM!</i> TERIYAKI CHICKEN BOWL 7 w/STEAMED RICE 21 GREEN BEANS 3 FORTUNE COOKIE 4 FRUIT 17	22 <i>COOL LUNCH!</i> FARMERS' MARKET SALAD BAR w/BAKED CHICKEN 2 WHOLE WHEAT ROLL 25	23 <i>BRUNCH FOR LUNCH 105</i> WAFFLE STICKS w/***SAUSAGE PATTY HASHBROWNS 100% ORANGE JUICE	24 <i>COOL LUNCH!</i> FARMERS' MARKET SALAD BAR w/+++TURKEY CORN DOG 32 ANIMAL CRACKERS 16	25 WILD MIKE'S CHEESE PIZZA 44 w/TOSSED SALAD 2 FRUIT 17
28 ADMISSIONS DAY HOLIDAY	29 <i>NEW ITEM!</i> <i>COOL LUNCH!</i> FARMERS' MARKET SALAD BAR w/+++TOTALLY TACOS 36	30 <i>NEW ITEM!</i> +++GRILLED TURKEY HAM & CHEESE SANDWICH 25 FRESH GREEN SALAD 2 STAR COOKIE 19 FRUIT 17	THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER	

WEEKLY NUTRITION ANALYSIS

WEEK 1			WEEK 2			WEEK 3		
Calories	603	644	Calories	758	644	Calories	682	644
Cholesterol	61 Mg	100	Cholesterol	65 Mg	100	Cholesterol	58 Mg	100
Calcium	507 Mg	267	Calcium	597 Mg	267	Calcium	552 Mg	267
Vit. A	966 IU	1055	Vit. A	1698 IU	1055	Vit. A	1588 IU	1055
Vit. C	23 IU	15	Vit. C	36 IU	15	Vit. C	29 IU	15
Total Fat	29%	<30%>	Total Fat	27%	<30%>	Total Fat	24%	<30%>
Saturated Fat	11%	<10%>	Saturated Fat	9%	<10%>	Saturated Fat	10 %	<10%>