

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

**SEPTEMBER 2010**



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



Breakfast is served at the following Elementary sites:  
Edison, Grant, McKinley, Muir/Smash & Rogers

**Vegetarian Option is offered**  
Monday -Friday:  
9/6-9/10-Cheese Quesadilla  
9/13-9/17-Cheese Sticks w/marinara sauce  
9/20-9/24-Toasted Cheese Sandwich  
9/27-9/30-Bean Burrito

Did you Notice?  
Pizza is now served on Tuesdays or Thursdays!



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

Parents can prepay for only 2 months or 40 lunches at a time (two Meal Deals) Negative balances must be paid prior to receiving a meal deal. You can check your child's balance by contacting the Food Service Office or visiting the cafeteria.

Meal prices for the 2010/11 school year will be:  
Elementary Breakfast-\$1.25-Lunch-\$3.00  
Secondary Breakfast-\$1.50-Lunch\$3.50  
Reduced Breakfast-\$0.30, Lunch-\$0.40

Parents, please note that the 09/10 Meal Application expires the morning of Tuesday, October 19, 2010. Please submit your 2010/11 meal application by October 1, 2010 or sooner. It can take up to 10 days to process an application. **Applications are on line at [www.smmusd.org/food\\_services](http://www.smmusd.org/food_services).**

**Save time and money prepay for: "The Meal Deal" September-June: Elementary: 20 lunches \$50.00 Secondary: 20 lunches \$60.00 (a \$10.00 savings)**



**Pursuant to District Policy 3556, Food & Nutrition Services will strictly enforce the Partial Meal Policy in our elementary schools. In our elementary schools, full price students will be allowed to owe for only three consecutive complete meals, a value not to exceed \$9.00. If a child does not have money and has exceeded his/her three meal credits, a partial meal will be offered to the student. Please note: there is NO credit or partial meal service for secondary students.**

**For more information about Food & Nutrition Services you can view our Back to School Guide at [www.smmusd.org/foodserves](http://www.smmusd.org/foodserves)**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 <b>LABOR DAY HOLIDAY</b>	7 CHICKEN GIGGLES w/BAKED POTATO SMILES FRUIT <b>WELCOME BACK!</b>	8 +++OLD FASHIONED HOT DOG ON WHEAT BUN w/CORN ON THE COB STAR COOKIE FRESH FRUIT	9 <b>ADMISSIONS DAY HOLIDAY</b>	10 CHEESE PIZZA w/FRESH BABY CARROTS ICEE JUICE
<b>Every Tuesday, Wednesday and Thursday enjoy "Cool Lunch" featuring the Farmers' Market Salad Bar</b>				
13 CHICKEN NUGGETS w/SEASONED POTATO WEDGES WHOLE WHEAT ROLL FRUIT <b>FIRST DAY OF FARMERS' MARKET SALD BAR</b>	14 <b>COOL LUNCH!</b> FARMERS' MARKET SALAD BAR w/SICILIAN STYLE CHEESE PIZZA PAPA JOHNS: Roosevelt/Franklin/McKinley	15 <b>COOL LUNCH!</b> FARMERS' MARKET SALAD BAR w/+++CORN DOG SUN CHIPS	16 <b>COOL LUNCH!</b> FARMERS' MARKET SALAD BAR w/+++CHEESEY NACHOS CHURRO	17 ***GRILLED BURGER ON WHOLE WHEAT BUN w/BAKED TRI TATER FRIES FRUIT STRIP
20 LOCO ROASTED CHICKEN w/WHOLE KERNEL CORN FLOUR TORTILLA SALSA FRUIT	21 <b>COOL LUNCH!</b> FARMERS' MARKET SALAD BAR w/GRILLED CHEESE SANDWICH FROZEN VANILLA YOGURT	22 <b>"BRUNCH FOR LUNCH"</b> WAFFLE STICKS w/+++SAUSAGE PATTY BAKED TATOR TOTS FRUIT	23 <b>COOL LUNCH!</b> FARMERS' MARKET SALAD BAR w/SLICE OF CHEESE PIZZA PAPA JOHNS: Edison/Grant	24 CLUX DELUXE CHICKEN PATTY SANDWICH w/BAKED CRINKLE FRIES FRUIT
<b>Monday and Friday-Students may choose the featured hot lunch, <u>or</u> salad bar!</b>				
27 CHICKEN ROUNDUPS w/BAKED POTATO ROUNDABOUTS WHOLE GRAIN ROLL FRUIT	28 <b>COOL LUNCH!</b> FARMERS' MARKET SALAD BAR w/CLASSIC WEDGE PIZZA PAPA JOHNS: Rogers/Muir SPRUZZO: Cabrillo, Webster, and Pt. Dume	29 <b>COOL LUNCH!</b> FARMERS' MARKET SALAD BAR TANGY ORANGE CHICKEN w/FLUFFY STEAMED RICE FORTUNE COOKIE	30 <b>COOL LUNCH!</b> FARMERS' MARKET SALAD BAR w/+++TACO BAR CINNAMON CHURRO	A variety of fresh fruits and vegetables are featured daily on our Farmers' Market Salad Bar at every Elementary School Site

**SANTA MONICA-MALIBU UNIFIED SCHOOL DISTRICT**  
**Carbohydrate Menu**

**SEPTEMBER 2010**

\*\*\*Contains Beef

+++Contains Turkey

###Contains Chicken

Menu is subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6  LABOR DAY  HOLIDAY	7 CHICKEN GIGGLES <b>13</b> w/BAKED POTATO SMILES <b>24</b>  FRUIT <b>17</b>	8 +++OLD FASHIONED HOT DOG ON WHEAT BUN <b>22.5</b> w/CORN ON THE COB <b>29</b> STAR COOKIE <b>19</b> FRESH FRUIT <b>17</b>	9  ADMISSIONS DAY  HOLIDAY	10 CHEESE PIZZA <b>37</b> w/FRESH BABY CARROTS <b>6</b> ICEE JUICEE <b>15</b>
13 CHICKEN NUGGETS <b>15</b> w/SEASONED POTATO WEDGES <b>16</b> WHOLE WHEAT ROLL <b>25</b> FRUIT <b>17</b>  <div style="border: 1px solid black; padding: 2px; width: fit-content;">FIRST DAY OF FARMERS' MARKET SALD BAR</div>	14 <b>COOL LUNCH!</b> FARMERS' MARKET SALAD BAR w/SICILIAN STYLE CHEESE PIZZA <b>48</b>  PAPA JOHNS: <b>43</b> Roosevelt/Franklin/McKinley	15 <b>COOL LUNCH!</b> FARMERS' MARKET SALAD BAR w/+++CORN DOG <b>32</b> SUN CHIPS <b>18</b>	16 <b>COOL LUNCH!</b> FARMERS' MARKET SALAD BAR w/+++CHEESEY NACHOS <b>23</b>  CHURRO <b>13</b>	17 ***GRILLED BURGER ON WHOLE WHEAT BUN <b>29</b> w/BAKED TRI TATER FRIES <b>13</b> FRUIT STRIP <b>12</b>
20 LOCO ROASTED CHICKEN w/WHOLE KERNEL CORN <b>15</b> FLOUR TORTILLA <b>22</b> SALSA <b>2</b> FRUIT <b>17</b>	21 <b>COOL LUNCH!</b> FARMERS' MARKET SALAD BAR w/GRILLED CHEESE SANDWICH <b>33</b> FROZEN VANILLA YOGURT <b>14</b>	22 <b>"BRUNCH FOR LUNCH"</b> WAFFLE STICKS <b>105</b> w/+++SAUSAGE PATTY BAKED TATOR TOTS FRUIT <b>17</b>	23 <b>COOL LUNCH!</b> FARMERS' MARKET SALAD BAR w/SLICE OF CHEESE PIZZA <b>37</b>  PAPA JOHNS: <b>43</b> Edison/Grant	24 CLUX DELUXE CHICKEN PATTY SANDWICH <b>37</b> w/BAKED CRINKLE FRIES <b>14</b>  FRUIT <b>17</b>
27 CHICKEN ROUNDUPS <b>13</b> w/BAKED POTATO ROUNABOUTS <b>17</b> WHOLE GRAIN ROLL <b>25</b> FRUIT <b>17</b>	28 <b>COOL LUNCH!</b> FARMERS' MARKET SALAD BAR <b>35</b> w/CLASSIC WEDGE PIZZA  PAPA JOHNS: Rogers/Muir <b>43</b> SPRUZZO: Cabrillo, Webster, and Pt. Dume <b>23</b>	29 <b>COOL LUNCH!</b> FARMERS' MARKET SALAD BAR TANGY ORANGE CHICKEN <b>20</b> w/FLUFFY STEAMED RICE <b>21</b> FORTUNE COOKIE <b>4</b>	30 <b>COOL LUNCH!</b> FARMERS' MARKET SALAD BAR w/+++TACO BAR <b>23</b> CINNAMON CHURRO <b>13</b>	

**WEEKLY NUTRITION ANALYSIS**

WEEK 1			WEEK 2			WEEK 3			WEEK 4		
Average		RDA	Average		RDA	Average		RDA	Average		RDA
Calories	729	644	Calories	747	644	Calories	748	644	Calories	719	644
Cholesterol	52 Mg	100	Cholesterol	62 Mg	100	Cholesterol	70 Mg	100	Cholesterol	68 Mg	100
Calcium	550 Mg	267	Calcium	540 Mg	267	Calcium	527 Mg	267	Calcium	489 Mg	267
Vit. A	1290 IU	1055	Vit. A	2658 IU	1055	Vit. A	2375 IU	1055	Vit. A	2976 IU	1055
Vit. C	58 IU	15	Vit. C	34 IU	15	Vit. C	33 IU	15	Vit. C	29 IU	15
Total Fat	26%	<30%>	Total Fat	26%	<30%>	Total Fat	23%	<30%>	Total Fat	26%	<30%>
Saturated Fat	9%	<10%>	Saturated Fat	8%	<10%>	Saturated Fat	8%	<10%>	Saturated Fat	7%	<10%>