

SMMUSD-Elementary Carb Menu

December 2011

Mon	Tue	Wed	Thu	Fri
			1 Cool Lunch! Turkey Taco Bar w/Tortilla Chips & Salsa 24 Frozen Vanilla Yogurt Cup 33	2 Pizza Friday! Thin Crust Cheese Pizza 37 w/Fresh Garden Salad 2 Banana 23
5 Turkey Corn Dog 27 Fresh Veggie Stix 4 Fresh Kiwi 10	6 Cool Lunch! Baked Chicken 8 w/Green Beans 3 Biscuit 31	7 Cool Lunch! Senor Felix Bean & Cheese Burrito 40 w/Frozen Watermelon Cup 18	8 Cool Lunch! Chicken Giggles 13 w/Baked Potato Smiles 20	9 Pizza Friday! Big Daddy Cheese or Pepperoni Pizza 56 w/Fresh Garden Salad 2 Fresh Orange Slices 23
12 All American Char Broiled Beef Hamburger 34 w/Seasoned Potato Wedges 16 Fresh Tangerine 11	13 Cool Lunch! Chicken Patty Sandwich 44	14 Cool Lunch! Rotini Pasta W/Meatballs 32 Warm Bread Stick 22	15 Cool Lunch! Chicken Fajitas w/Flour Tortilla, Salsa 24	18 Pizza Friday! Slice of Cheese Pizza 37 w/Fresh Garden Salad 2 Cry Baby Sour Apple Cup 25
WINTER BREAK-DECEMBER 21, 2011-JANUARY 3, 2012				
19 Turkey Hot Dog 30 w/Fresh Baby Carrots 8 Fruit 15	20 Baked Chicken Nuggets 15 Baked Tater Tots 17 Fruit 15 Holiday Cookie 19	Carb counts are based on manufacturer's specifications for specific serving sizes. Serving sizes may vary slightly at each school site. For more information please contact Dona Richwine, Nutrition Specialist at Ext. 70259		

WEEKLY NUTRITION ANALYSIS

WEEK 2 (12/5)

WEEK 3 (12/12)

Average		RDA	Average		RDA
Calories	683	644	Calories	670	644
Cholesterol	61 Mg	100	Cholesterol	76 Mg	100
Calcium	583 Mg	267	Calcium	616 Mg	267
Vit. A	4156 IU	1055	Vit. A	3829 IU	1055
Vit. C	75 IU	15	Vit. C	42 IU	15
Total Fat	26%	<30%>	Total Fat	22%	<30%>
Saturated Fat	8%	<10%>	Saturated Fat	8%	<10%>