

# SMMUSD-Elementary Lunch Menu



Mon	Tue	Wed	Thu	Fri										
<b>December 2011</b>  Free and Reduced Meal Applications are accepted throughout the school year!				1 <b>Cool Lunch!</b> Turkey Taco Bar w/Tortilla Chips & Salsa Frozen Vanilla Yogurt Cup  Barra de Taco con Carne de Pavo	2 <b>Pizza Friday!</b> Thin Crust Cheese Pizza w/Fresh Garden Salad Banana  Pizza de Queso con Corteza Delgada									
5  Turkey Corn Dog Fresh Veggie Stix Fresh Kiwi  Perro Caliente de Pavo Empanizado	6 <b>Cool Lunch!</b> Baked Chicken w/Green Beans Biscuit  Pollo Horneado	7 <b>Cool Lunch!</b> Senor Felix Bean & Cheese Burrito w/Frozen Watermelon Cup  Burrito de Frijoles y Queso	8 <b>Cool Lunch!</b> Chicken Giggles w/Baked Potato Smiles   Piezas de Pollo	9 <b>Pizza Friday!</b> Big Daddy Cheese or Pepperoni Pizza w/Fresh Garden Salad Fresh Orange Slices  Pizza de Queso o Salchicha de Big Daddy										
12  All American Char Broiled Beef Hamburger w/Seasoned Potato Wedges Fresh Tangerine  Hamburguesa de Res a la Parrilla	13 <b>Cool Lunch!</b> Chicken Patty Sandwich   Sandwich de Pollo Empanizado	14 <b>Cool Lunch!</b> Rotini Pasta W/Meatballs Warm Bread Stick  Macarron Rotini con Albondigas	15 <b>Cool Lunch!</b> Chicken Fajitas w/Flour Tortilla, Salsa  <b>Last Day of Salad Bar until                      after Winter Break</b>  Fajitas de Pollo	16 <b>Pizza Friday!</b> Slice of Cheese Pizza w/Fresh Garden Salad Cry Baby Sour Apple Cup  Rebanada de Pizza De Queso										
<b>WINTER BREAK-DECEMBER 21, 2011-JANUARY 3, 2012</b>														
19  Turkey Hot Dog w/Fresh Baby Carrots Fruit   Perro Caliente de Pavo en Pan de Granos Enteros	20  Baked Chicken Nuggets Baked Tater Tots Fruit Holiday Cookie  Piezas de Pollo	<b>ELEMENTARY BREAKFAST MENU</b>  <table border="0" style="width: 100%;"> <tr> <td style="text-align: center;"><b>MONDAY</b></td> <td style="text-align: center;"><b>TUESDAY</b></td> <td style="text-align: center;"><b>WEDNESDAY</b></td> <td style="text-align: center;"><b>THURSDAY</b></td> <td style="text-align: center;"><b>FRIDAY</b></td> </tr> <tr> <td style="text-align: center;">French Toast Fruit Milk</td> <td style="text-align: center;">Biscuit w/Turkey Sausage Fruit Milk</td> <td style="text-align: center;">Breakfast Pizza Fruit Milk</td> <td style="text-align: center;">Belgian Waffle Fruit Milk</td> <td style="text-align: center;">Turkey Sausage &amp; Egg Frittata Fruit Milk</td> </tr> </table>			<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	French Toast Fruit Milk	Biscuit w/Turkey Sausage Fruit Milk	Breakfast Pizza Fruit Milk	Belgian Waffle Fruit Milk	Turkey Sausage & Egg Frittata Fruit Milk
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<i>Offered Daily</i> -Assorted fruits (fresh, canned), 4oz 100% Juice (no added sugar), 1% & Nonfat Milk. Assorted cold cereal (whole grains, reduced sugar), whole grain crackers. Breakfast is offered at Edison, Grant, McKinley Muir/SMASH and Rogers.														

**BETTER SCHOOL LUNCHES USING MYPLATE:**

***Make half your plate fruits and vegetables***

***Farm fresh fruits and vegetables offered daily***

***Frozen fruit cups 100% fruit juice/no added sugars***

***Make at least half your grains whole grains***

***All breads are whole grain***

***Switch to fat free or low fat milk***

***Offered daily***

***Reduce Fat***

***Weekly Menus low in total fat and saturated fat***

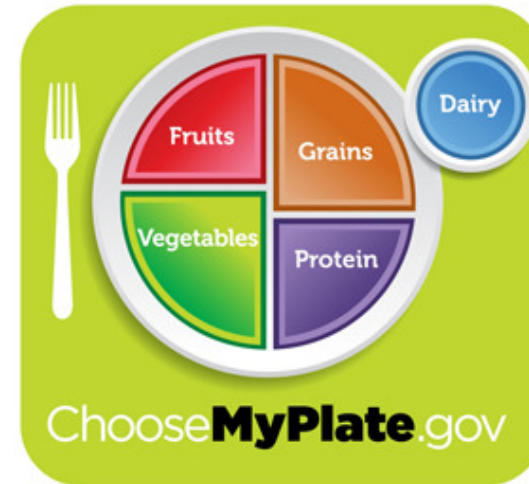
***Pizza made with reduced fat cheese***

***All potatoes and entrée items are baked NOT FRIED***

***No trans fats***

***Make Seafood and Beans the Protein on Your Plate 2 x week***

***Light tuna and beans available at salad bars; Beans offered some days with Hot Lunch***



For more info go to [www.myplate.gov](http://www.myplate.gov)

**Second Choice Vegetarian Option**

**12/1-12/2-Toasted Cheese Sandwich**

**12/5-12/9-Cheese Quesadillo**

**12/12-12/18-Bean Burrito**

**12/19-12/20-Yogurt & Pretzel**

**Elementary Full Price Breakfast-\$1.25**

**Elementary Full Price Lunch-\$3.00**

**Secondary Full Price Breakfast-\$1.50**

**Secondary Full Price Lunch-\$3.50**

**Reduced Breakfast-\$0..30**

**Reduced Lunch-\$0.40**

Prepay online:[www.mylunchmoney.com](http://www.mylunchmoney.com)

Opt out Of Nonfat Chocolate Milk at [fns@smmusd.org](mailto:fns@smmusd.org). Simply give us your child's name, ID # and school.