

# SMMUSD-Elementary Carb Menu

# February 2012

Menu is subject to change

Mon	Tue	Wed	Thu	Fri
<b>Beginning Feb 22– April 14 we will offer a Fish Sandwich and/or Potato Crunch Sea Wonders on Select Days at Your School!</b>		1 <b>Cool Lunch!</b> Baked Turkey Corn Dog <b>27</b> w/Baked Seasoned Potato Wedges <b>16</b>	2 <b>Cool Lunch!</b> Turkey Taco Bar w/Nacho Cheese <b>1.5</b>	3 <b>Pizza Friday!</b> Thin Crust Cheese Pizza <b>37</b> w/Fresh Celery & Carrot Sticks <b>4</b> with Ranch Dressing <b>1</b> Fresh Seasonal Fruit <b>17</b>
6 Baked Breaded Chicken Patty Sandwich <b>44</b> w/Fresh Baby Carrots <b>8</b> Fresh Apple <b>19</b>	7 <b>Cool Lunch!</b> Teriyaki Beef Dippers <b>6</b> w/Fluffy White Rice <b>28</b>	8 <b>Brunch for Lunch!</b> Pancakes <b>28</b> w/Turkey Sausage Patty <b>1</b> Baked Tater Tots <b>27</b> 100% Orange Juice <b>14</b>	9 <b>Cool Lunch!</b> Baked Chicken Roundups <b>13</b> w/Wheat Roll <b>27</b> Kiwi <b>10</b>	10 <b>Pizza Friday!</b> French Bread Cheese Pizza <b>36</b> w/Fresh 3-Way Salad <b>1</b> Frozen 100% Wild Cherry Fruit Cup <b>18</b>
13 Grilled Cheese Burger on Whole Grain Bun <b>33</b> w/Baked Crinkle Fries <b>14</b> Balderama Farm Tangerine <b>11</b>	14 <b>Cool Lunch!</b> Baked Heart Shaped Chicken Nuggets <b>13</b> w/Baked Cosmic Potatoes <b>20</b> Valentine Cookie <b>19</b>	15 <b>Cool Lunch!</b> Baked Chicken <b>8</b> w/Mashed Potatoes <b>22</b> Biscuit <b>31</b>	16 <b>Cool Lunch!</b> Crunchy Turkey Taco <b>16</b> Shredded Lettuce & Cheese <b>2</b> w/Frozen Vanilla Yogurt Cup <b>14</b>	17 <b>Pizza Friday!</b> Big Daddy Cheese Pizza <b>37</b> w/Fresh Green Salad <b>2</b> Fresh Fruit <b>17</b>
20 <b>President's Day Holiday</b>	21 Baked Mini Turkey Corn Dogs <b>27</b> w/Baked Tater Tots <b>27</b> Fresh Fruit <b>17</b>	22 <b>Cool Lunch!</b> Chicken Fajitas w/Warm Flour Tortilla <b>21</b> Corn <b>8</b> Churro <b>17</b>	23 <b>Cool Lunch!</b> 3-Cheese Ravioli <b>28</b> w/Warm Bread Stick <b>20</b> Fresh Farmers' Market Salad and Fruit	24 <b>Pizza Friday!</b> Thin Crust Cheese Pizza <b>37</b> Fresh Garden Salad <b>2</b> Cry Baby Sour Apple Cup <b>25</b>
27 Baked Chicken Giggles <b>13</b> w/Baked Potato Smiles <b>20</b> Whole Wheat Roll <b>27</b> Lunch Bunch Grapes <b>16</b>	28 <b>Cool Lunch!</b> Beef Hot Dog <b>28</b> On Whole Grain Bun <b>25</b> w/Baked Crinkle Fries <b>14</b>	29 <b>Cool Lunch!</b> Orange Chicken <b>20</b> w/Chow Mein & Broccoli <b>29</b>		

## WEEKLY NUTRITION ANALYSIS

WEEK 2 (6-10)

WEEK 3 (13-17)

WEEK 4 (21-24)

WEEK 2 (6-10)			WEEK 3 (13-17)			WEEK 4 (21-24)		
Average		RDA	Average		RDA	Average		RDA
Calories	629	644	Calories	710	644	Calories	705	644
Cholesterol	58 Mg	100	Cholesterol	76 Mg	100	Cholesterol	67 Mg	100
Calcium	563 Mg	267	Calcium	610 Mg	267	Calcium	559 Mg	267
Vit. A	3201 IU	1055	Vit. A	2853 IU	1055	Vit. A	3981 IU	1055
Vit. C	84 Mg	15	Vit. C	54 Mg	15	Vit. C	51 Mg	15
Total Fat	22%	<30%>	Total Fat	26%	<30%>	Total Fat	23%	<30%>
Saturated Fat	7%	<10%>	Saturated Fat	9%	<10%>	Saturated Fat	7%	<10%>