
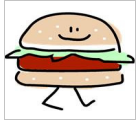

















SMMUSD-Elementary Lunch Menu

February 2012

Menu is subject to change

Mon	Tue	Wed	Thu	Fri
<p>Beginning Feb 22- April 14 we will offer a Fish Sandwich and/or Potato Crunch Sea Wonders on Select Days at Your School!</p>  		<p>1 Cool Lunch! Baked Turkey Corn Dog w/Baked Seasoned Potato Wedges</p> <p>Favorite Menu Items at Franklin & Webster!</p> <p>Perro Caliente de Pavo</p>	<p>2 Cool Lunch! Turkey Taco Bar w/Nacho Cheese</p>  <p>Barra de Taco con Carne de Pavo</p>	<p>3 Pizza Friday! Thin Crust Cheese Pizza w/Fresh Celery & Carrot Sticks with Ranch Dressing Fresh Seasonal Fruit</p> <p>Pizza de Queso de Corteza delgada</p>
<p>6 Baked Breaded Chicken Patty Sandwich w/Fresh Baby Carrots Fresh Apple</p>  <p>Sandwich de Pollo Empanizado</p>	<p>7 Cool Lunch! Teriyaki Beef Dippers w/Fluffy White Rice</p>  <p>Piezas de Res a sabor de Teriyaki</p>	<p>8 Brunch for Lunch! Pancakes w/Turkey Sausage Patty Baked Tater Tots 100% Orange Juice</p> <p>Pancakes con Salchicha de Pavo</p>	<p>9 Cool Lunch! Baked Chicken Roundups w/Wheat Roll Kiwi</p>  <p>Piezas de Pollo Horneados</p>	<p>10 Pizza Friday! French Bread Cheese Pizza w/Fresh 3-Way Salad Frozen 100% Wild Cherry Fruit Cup</p> <p>Pizza de Queso en Pan Frances</p>
<p>13 Grilled Cheese Burger on Whole Grain Bun w/Baked Crinkle Fries Balderama Farm Tangerine</p>  <p>Hamburguesa con Queso a la Parrilla</p>	<p>14 Cool Lunch! Baked Heart Shaped Chicken Nuggets w/Baked Cosmic Potatoes Valentine Cookie</p>  <p>Piezas de Pollo en Forma de Corazon</p>	<p>15 Cool Lunch! Baked Chicken w/Mashed Potatoes Biscuit</p>  <p>Pollo Horneado con Puré de Papas</p>	<p>16 Cool Lunch! Crunchy Turkey Taco Shredded Lettuce & Cheese w/Frozen Vanilla Yogurt Cup Favorite Menu at Muir</p>  <p>Taco Dorado con Carne de Pavo</p>	<p>17 Pizza Friday! Big Daddy Cheese Pizza w/Fresh Green Salad Fresh Fruit</p> <p>Pizza de Queso de Big Daddy</p>
<p>20 President's Day Holiday</p>  	<p>21 Baked Mini Turkey Corn Dogs w/Baked Tater Tots Fresh Fruit</p>  <p>Perro Caliente de Pavo Empanizado</p>	<p>22 Cool Lunch! Chicken Fajitas w/Warm Flour Tortilla Corn Churro</p> <p>Fajitas de Pollo</p>	<p>23 Cool Lunch! 3-Cheese Ravioli w/Warm Bread Stick Fresh Farmers' Market Salad and Fruit</p>  <p>Macarron de Ravioli de Tres Quesos</p>	<p>24 Pizza Friday! Thin Crust Cheese Pizza Fresh Garden Salad Cry Baby Sour Apple Cup</p>  <p>Pizza de Queso de Corteza Delgada</p>
<p>27 Baked Chicken Giggles w/Baked Potato Smiles Whole Wheat Roll Lunch Bunch Grapes</p>  <p>Piezas de Pollo Horneados</p>	<p>28 Cool Lunch! Beef Hot Dog On Whole Grain Bun w/Baked Crinkle Fries <i>(Fork In the Road Hot Dog as Featured at Whole Foods)</i></p>  <p>Perro Caliente de Res</p>	<p>29 Cool Lunch! Orange Chicken <i>(As featured at Trader Joe's)</i> w/Chow Mein & Broccoli</p> <p>Favorite Menu Items at Grant</p> <p>Pollo a Sabor de Naranja</p>	<p>Second Choice /Vegetarian Option 2/1-2/3-Yogurt & Pretzel 2/6-2/10-Cheese Sticks 2/13-2/17-Toasted Cheese Sandwich 2/21-2/24-Cheese Quesadilla 2/27-3/2-Bean Burrito</p>	

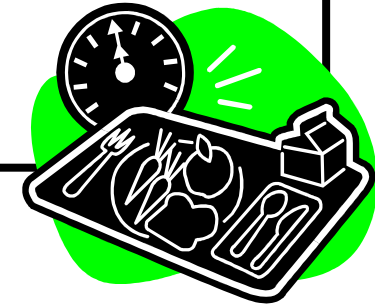
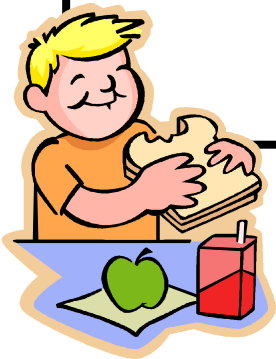
School Lunch FAQs

Q: Who plans the menus? Menu planning is a department joint effort between the Director, Operations Supervisor and Nutrition Specialist. Meals are planned to provide adequate nutrients, calorie limits, variety of foods and a balance of high fat and low fat foods. Student preferences are constantly monitored to meet customer satisfaction. All menus must comply with National School Lunch/Breakfast Program regulations, State regulations and the District's Wellness Policy.

Q: Why is everything fried? NO foods are fried in any of our schools. Some are par-fried by the manufacturer. This provides us with a pre-cooked product that is then baked without any added fats in our ovens. None of the foods served in our cafeteria contain added trans fats. Par fried potatoes or protein foods are typically only served 1 x per week.

Q: Why don't we serve organic? Produce purchased at the farmer's market is all grown sustainably using organic practices which means no pesticides. One of our vegetable farmers is certified organic. Milk is from cows not treated with rBST. Cost prohibits us from purchasing organic meats or dairy.

Q: Why do we serve pizza every week? Pizza is the most popular lunch choice. Trials of eliminating pizza day or even switching to a day other than Friday were met with resistance. Serving pizza once a week still allows us to stay within the fat and saturated fat limits for the week. Pizza crusts are whole grain and cheeses are part skim mozzarella.



ELEMENTARY BREAKFAST MENU

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
French Toast	Biscuit	Breakfast Pizza	Belgian Waffle	Turkey Sausage & Egg Frittata
Fruit	w/Turkey Sausage	Fruit	Fruit	Fruit
Milk	Fruit	Milk	Milk	Milk
	Milk			

Offered Daily-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.

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

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