

SMMUSD-Elementary Carb Menu

January 2012

Mon	Tue	Wed	Thu	Fri					
2 School Closed	3 Schools Closed	4 Baked Turkey Corn Dog 27 w/Baked Potato Smiles 20 Fruit 16	5 Cool Lunch! Turkey Taco Bar w/Tortilla Chips & Salsa 22 Frozen Vanilla Yogurt Cup 33	6 Pizza Friday! Thin Crust Cheese Pizza 37 w/Fresh Garden Salad 2 Red Delicious Apple 19					
9 Baked Chicken 8 w/Seasoned Green Beans 3 Biscuit 31 Balderama Farm Tangerine 11	10 Cool Lunch! All American Char Broiled Beef Hamburger 34 w/Baked Crinkle Cut Fries 14	11 Cool Lunch! Baked Chicken Stars 12 w/Baked Cosmic Potatoes 20 Frozen Watermelon Cup 18	12 Cool Lunch! Home-style Macaroni & Cheese 37 Sea Canyon Farm Apple 19	13 Pizza Friday! Big Daddy Cheese Pizza 39 w/Fresh Garden Salad 2 Fresh Orange Slices 8					
16 Martin Luther King Jr.'s Birthday	17 Cool Lunch! Baked Chicken Patty Sandwich 44 w/Seasoned Potato Wedges 16 Cry Baby Sour Apple Cup 25	18 Cool Lunch! Rotini Pasta & Meatballs With Marinara Sauce 32 Warm Cheesy Garlic Bread Stick 22	19 Cool Lunch! Chicken Fajitas w/Warm Flour Tortilla 21	20 Pizza Friday! Thin Crust Cheese Pizza 37 w/Fresh Garden Salad 2 Nicholas Farm Grapes 8					
23 Beef Hot Dog 28 w/Fresh Veggie Stix 4 Balderama Farm Tangerine 11	24 Cool Lunch! 3-Cheese Ravioli 28 w/Warm Bread Stick 20	25 Brunch for Lunch (New Item) Oatmeal Pancakes 28 w/Turkey Sausage Patty Baked Tater Tots 17 100% Orange Juice 14	26 Cool Lunch! Crunchy Taco (Turkey) 16 w/Churro 17	27 Pizza Friday! Big Daddy Cheese or Pepperoni Pizza 56 w/Fresh Garden Salad 2 Frozen Strawberry Cup 18					
30 Baked Chicken Tenders 12 w/Baked Potato Smiles 20 Whole Wheat Roll 27 100% Fruit Juice 15	31 Cool Lunch! Orange Chicken 20 (as featured at Trader Joes) w/Steamed Rice 28 and Broccoli 6	WEEKLY NUTRITION ANALYSIS							
		WEEK 1		WEEK 2		WEEK 3		WEEK 4	
		Average	RDA	Average	RDA	Average	RDA	Average	RDA
		Calories 730	644	Calories 684	644	Calories 709	644	Calories 611	644
		Cholesterol 67 Mg	100	Cholesterol 66 Mg	100	Cholesterol 84 Mg	100	Cholesterol 65 Mg	100
		Calcium 683 Mg	267	Calcium 618 Mg	267	Calcium 615 Mg	267	Calcium 466 Mg	267
		Vit. A 5161 IU	1055	Vit. A 3787 IU	1055	Vit. A 2869 IU	1055	Vit. A 2769 IU	1055
		Vit. C 69 IU	15	Vit. C 73 IU	15	Vit. C 43 IU	15	Vit. C 68 IU	15
		Total Fat 22%	<30%>	Total Fat 26%	<30%>	Total Fat 23%	<30%>	Total Fat 25%	<30%>
		Saturated Fat 7%	<10%>	Saturated Fat 12%	<10%>	Saturated Fat 7%	<10%>	Saturated Fat 8%	<10%>