





SMMUSD-Elementary Lunch Menu

January 2012

Menu is subject to Change

Mon	Tue	Wed	Thu	Fri										
2 School Closed	3 Schools Closed	4 Baked Turkey Corn Dog w/Baked Potato Smiles Fruit Perro Caliente de Pavo Empanizado	5 Cool Lunch! Turkey Taco Bar w/Tortilla Chips & Salsa Frozen Vanilla Yogurt Cup  Barra de Taco con carne de Pavo	6 Pizza Friday! Thin Crust Cheese Pizza w/Fresh Garden Salad Red Delicious Apple Pizza de Queso de Corteza Delgada										
9 Baked Chicken w/Seasoned Green Beans Biscuit Balderama Farm Tangerine Piezas de Pollo	10 Cool Lunch! All American Char Broiled Beef Hamburger w/Baked Crinkle Cut Fries  Hamburguesa de Res a la Parrilla	11 Cool Lunch! Baked Chicken Stars w/Baked Cosmic Potatoes Frozen Watermelon Cup <i>Favorite Menu Items at Roosevelt Elementary!</i> Piezas de Pollo	12 Cool Lunch! Home-style Macaroni & Cheese w/Sea Canyon Farm Apple Macarron con Queso	13 Pizza Friday! Big Daddy Cheese Pizza w/Fresh Garden Salad Fresh Orange Slices Pizza de Queso de Big Daddy										
16 Martin Luther King Jr.'s Birthday	17 Cool Lunch! Baked Chicken Patty Sandwich w/Seasoned Potato Wedges Cry Baby Sour Apple Cup <i>Favorite Menu Items at Rogers Elementary!</i> Sandwich de Pollo Empanizado	18 Cool Lunch! Rotini Pasta & Meatballs With Marinara Sauce Warm Cheesy Garlic Bread Stick Macarron Rotini con Albondigas y Salsa Marinara	19 Cool Lunch! Chicken Fajitas w/Warm Flour Tortilla Fajitas de Pollo	20 Pizza Friday! Thin Crust Cheese Pizza w/Fresh Garden Salad Nicholas Farm Grapes Pizza de Queso de Corteza Delgada										
23 <u>New Item!</u> Beef Hot Dog (see reverse for more info) w/Fresh Veggie Stix Balderama Farm Tangerine  Perro Caliente de Res	24 Cool Lunch! 3-Cheese Ravioli w/Warm Bread Stick  Macarron de Ravioli de Tres Quesos	25 Brunch for Lunch <u>(New Item)</u> Oatmeal Pancakes w/Turkey Sausage Patty Baked Tater Tots 100% Orange Juice Pancakes con Salchicha de Pavo	26 Cool Lunch! Crunchy Taco (Turkey) w/Churro Barra de Taco Dorado con Carne de Pavo	27 Pizza Friday! Big Daddy Cheese or Pepperoni Pizza w/Fresh Garden Salad Frozen Strawberry Cup Pizza de Queso o Salchicha de Big Daddy										
30 Baked Chicken Tenders w/Baked Potato Smiles Whole Wheat Roll 100% Fruit Juice Piezas de Pollo Horneados	31 Cool Lunch! Orange Chicken (as featured at Trader Joes) w/Steamed Rice & Broccoli <i>Favorite Menu Items at Cabrillo Elementary!</i> Pollo a Sabor de Naranja	<u>ELEMENTARY BREAKFAST MENU</u>												
<table border="0" style="width: 100%;"> <tr> <td style="text-align: center;"><u>MONDAY</u></td> <td style="text-align: center;"><u>TUESDAY</u></td> <td style="text-align: center;"><u>WEDNESDAY</u></td> <td style="text-align: center;"><u>THURSDAY</u></td> <td style="text-align: center;"><u>FRIDAY</u></td> </tr> <tr> <td>French Toast Fruit Milk</td> <td>Biscuit w/Turkey Sausage Fruit Milk</td> <td>Breakfast Pizza Fruit Milk</td> <td>Belgian Waffle Fruit Milk</td> <td>Turkey Sausage & Egg Frittata Fruit Milk</td> </tr> </table> <p><u>Offered Daily</u>-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.</p>					<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	French Toast Fruit Milk	Biscuit w/Turkey Sausage Fruit Milk	Breakfast Pizza Fruit Milk	Belgian Waffle Fruit Milk	Turkey Sausage & Egg Frittata Fruit Milk
<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>										
French Toast Fruit Milk	Biscuit w/Turkey Sausage Fruit Milk	Breakfast Pizza Fruit Milk	Belgian Waffle Fruit Milk	Turkey Sausage & Egg Frittata Fruit Milk										

Pizza as a vegetable?

Per the SMMUSD Student Wellness Policy a minimum of 2 cups of fruits and vegetable will be served each day.

SMMUSD does not count the tomato paste on a pizza as a serving of vegetables.

Two fruits and two vegetables are routinely served every day at the hot lunch line. Fresh fruits and vegetables are available every day and most days include farm fresh grapes and citrus fruits from Jack Balderama, grapes and kiwi from Harry Nicholas; oranges and tangerines from Bob Polito and a wide variety of organically grown vegetables from Jaime Farms and Gloria Tamai.



Second Choice Vegetarian Option

- 1/4-1/6-Cheese Sticks
- 1/9-1/13-Toasted Cheese Sandwich
- 1/16-1/20-Cheese Quesadilla
- 1/23-1/27-Bean Burrito
- 1/30-2/3-Yogurt & Pretzels

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

PIZZA FRIDAYS

Papa John's Pizza	6 McKinley, Grant, Edison and Rogers	13 Roosevelt and Muir/SMASH	20 Edison and Franklin	27 Franklin, Roosevelt and Muir/SMASH
Spruzzo Pizza	Webster	Cabrillo and Pt. Dume	Webster	Cabrillo and Pt. Dume
Ameci Pizza			McKinley, Rogers and Grant	

Fork in the Road Food Hot Dogs as featured at Whole Foods Market! Hormone, antibiotic, nitrate and nitrite free! Served on a whole grain bun with fresh jicama & carrots and a fresh Balderama Farm tangerine!