


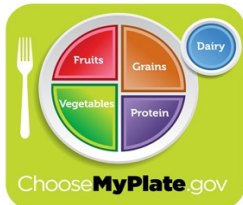


SMMUSD-Elementary Lunch Menu



November 2011

Mon	Tue	Wed	Thu	Fri
	1 Cool Lunch! Teriyaki Chicken Dippers And Steamed White Rice Piezas de Pollo con Salsa De Teriyaki	2 Brunch For Lunch! Waffle Stix w/Turkey Sausage Patty Baked Hash Browns 100% Orange Juice Palitos de Waffle	3 Cool Lunch! Turkey Taco Bar And Tortilla Chips Salsa Barra de Taco con Carne	4 Pizza Friday! Thin Crust Cheese Pizza w/Cherry Tomato Salad Fresh Grapes Pizza de Queso con Corteza Delgada
	7 Baked Breaded Chicken Patty Sandwich w/Baked Potato Smiles Frozen Wild Cherry Cup Sandwich de Pollo	8 Cool Lunch! Baked Corn Dog w/Fresh Baby Carrots Perro Caliente Empanizado	9 Cool Lunch! w/Baked Chicken Nuggets And Warm Dinner Roll Piezas de Pollo	10 Cool Lunch! Señor Felix Bean & Cheese Burrito w/Corn Mild Chili Salsa Burrito de Frijoles y Queso
NATIONAL YOUNG READERS WEEK-NOV. 7-11				
14 All American Char Broiled Beef Hamburger w/Baked Seasoned Potato Wedges Frozen Vanilla Yogurt Cup Hamburguesa de Res a la Parrilla	15 Cool Lunch! Oven Fried Chicken w/Whole Wheat Roll Pollo Frito al Horno	16 ELEMENTARY SCHOOL SITES CLOSED	17 Cool Lunch! Crunchy Taco w/Frozen Watermelon Cup  Barra de Taco Dorado con Carne De Pavo	18 Pizza Friday! Big Daddy Cheese or Pepperoni Pizza w/Fresh Garden Salad Fresh Orange Slices Pizza de Queso de Big Daddy
21 3 Cheese Ravioli w/Warm Bread Stick Tamai Farm Salad Greens Nicholas Farm Red Ruby Grapes Macarron de Ravioli de Tres Quesos	22 Cool Lunch! Honey Rib Sandwich on Whole Grain Bun And Baked Beans Sandwich de Costillas a Savor de Miel	23 Slice of Cheese Pizza w/Fresh Baby Carrots Thanksgiving Cookie Cry Baby Sour Apple Cup Rebanada de Pizza de Queso	24 THANKSGIVING HOLIDAY 	25 THANKSGIVING HOLIDAY
28 Orange Chicken w/Steamed White Rice Broccoli Florets Orange Slices Pollo a sabor de Naranja	29 Cool Lunch! Turkey Hot Dog on Whole Grain Bun w/Seasoned Potato Wedges Perro Caliente do Pavo	30 Cool Lunch! Baked Chicken Strips w/Whole Grain Roll Piezas de Pollo Horneados	 <p>Make half your plate fruits and veggies!</p> <p>For more information please see the reverse side</p>	

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

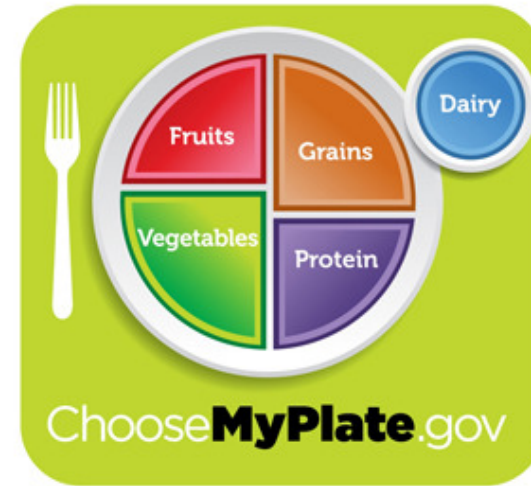
Make at least half your grains whole grains
All breads are whole grain
3 cheese ravioli made with whole wheat flour

Switch to fat free or lowfat milk
Offered daily

PLUS:

No frying

No trans fats Featured Farmers' in October: Harry Nicholas and Gloria Tamai



For more info go to www.myplate.gov

Second Choice Vegetarian Option

- 11/1-11/4-Cheese Quesadilla**
- 11/7-11/11-Bean Burrito**
- 11/14-11/18-Yogurt & Pretzels**
- 11/21-11/23-Cheese Sticks**
- 11/28-11/30-Toasted Cheese Sandwich**

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 Breakfast
Fruit	w/Turkey Sausage	Fruit	Fruit	Frittata
Milk	Fruit	Milk	Milk	Fruit
	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.