

SMMUSD-Elementary **CARB** Menu

October 2011

Mon	Tue	Wed	Thu	Fri
3 Home Style Mac & Cheese 23 w/Tossed Garden Salad 1 Green Apple Macarrones y Queso	4 Cool Lunch! w/Teriyaki Chicken 7 And Festive Rice 20 Piezas de Pollo con Salsa De Teriyaki	5 Cool Lunch! w/Chicken Nuggets 15 And Warm Dinner Roll 25 Piezas de Pollo	6 Cool Lunch! w/Turkey Taco Bar 3 And Tortilla Chips 13 Salsa 2 Barra de Taco con Carne de Pavo	7 Pizza Friday! Thin Crust Cheese Pizza 37 w/Cherry Tomato Salad 1 Frozen Peach Cup 30 Pizza de Queso con Corteza Delgada
10 Golden Crispy Chicken Patty Sandwich 41 w/Potato Smiles 24 Red Seedless Grapes 8 Sandwich de Pollo	11 Cool Lunch! w/Baked Turkey Corn Dog 32 Perro Caliente de Pavo Empanizado 32	12 Brunch For Lunch! French Toast Stix 57 + 12 w/Turkey Sausage Patty 1 Baked Tater Tots 14 100% Orange Juice 13 Palitos de Pan Frances	13 Cool Lunch! w/Señor Felix Bean & Cheese Burrito 53 Corn, 8 Mild Chili Salsa 2 Burrito de Frijoles y Queso	14 Pizza Friday! Big Daddy Pizza 37 w/Fresh 3-way Salad 4 Bartlett Pear 25 Pizza de Queso de Big Daddy
17 All American Char Broiled Beef Hamburger 27 w/Baked Seasoned Potato Wedges 16 Fuji Apple 8 Hamburguesa de Res a la Parrilla	18 Cool Lunch! w/Grilled Cheese Sandwich 33 Sandwich de Queso a la Parrilla	19 Cool Lunch! w/Grilled Honey BBQ Rib Sandwich 41 Sandwich de Costilla a Savor De Miel	20 Cool Lunch! w/Chicken Fajitas And Flour Tortilla 32 Zesty Salsa 2 Fajitas de Pollo	21 Pizza Friday! Slice of Cheese Pizza 37 w/Fresh Garden Salad 1 Frozen Watermelon Cup 30 Rebanada de Pizza de Queso
24 3 Cheese Ravioli 28 w/Warm Bread Stick 20 Tamai Farm Salad Greens 1 Nicholas Farm Red Ruby Grapes 8 Macarron de Ravioli de Tres Quesos	25 Cool Lunch! w/Turkey Hot Dog 25 And Crinkle Cut Fries 14 Perro Caliente de Pavo	26 Cool Lunch! w/Orange Chicken 16 And Steamed Rice 21 Pollo a Savor de Naranja	27 Cool Lunch! w/ Crunchy Turkey Taco 16 Salsa 2 Taco Dorado de Carne de Pavo	28 Pizza Friday! Big Daddy Pizza 37 w/Fresh Garden Salad 3 Orange Slices 11 Pizza de Queso de Big Daddy

WEEKLY NUTRITION ANALYSIS

WEEK 1		WEEK 2		WEEK 3		WEEK 4	
Average	RDA	Average	RDA	Average	RDA	Average	RDA
Calories 746	644	Calories 815	644	Calories 860	644	Calories 738	644
Cholesterol 92 Mg	100	Cholesterol 86 Mg	100	Cholesterol 103 Mg	100	Cholesterol 92 Mg	100
Calcium 648 Mg	267	Calcium 597 Mg	267	Calcium 629 Mg	267	Calcium 920 Mg	267
Vit. A 8151 IU	1055	Vit. A 8283 IU	1055	Vit. A 8428 IU	1055	Vit. A 9338 IU	1055
Vit. C 49 IU	15	Vit. C 34 IU	15	Vit. C 51 IU	15	Vit. C 42 IU	15
Total Fat 30%	<30%>	Total Fat 28%	<30%>	Total Fat 30%	<30%>	Total Fat 28%	<30%>
Saturated Fat 10%	<10%>	Saturated Fat 9%	<10%>	Saturated Fat 10%	<10%>	Saturated Fat 8%	<10%>

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Franken Tenders **12**
w/Baked Potato Smiles **24**
Mummy Roll **25**
Cry Baby Sour Apple Cup **15**

Piezas de Pollo