

SMMUSD-Elementary Lunch Menu

Prepay online at www.myschoolbucks.com

April 2017

*Menu Subject to Change











Varieties of Milk offered daily:
 1% white- (breakfast & lunch)
 Nonfat White
 (breakfast & lunch)
 Non-fat chocolate-(lunch only)



Vegetarian Options:

4-17-21 -Quesadilla
 4-24-28- Grilled Cheese Sandwich

Fridays- Cheese Pizza
1/2 cup serving of fruits/vegetables will be served with breakfast & lunch

<p>17</p> <p>Grilled Cheese Sandwich Fresh Baby Carrots w/Low Fat Ranch Dressing Peaches</p>  <p>Sandwich de Queso a la Parrilla</p>	<p>18</p> <p>Baked Mini Corn Dogs Green Beans Banana</p>  <p>Peritos Calientes Empanizados</p>	<p>19</p> <p>Baked Chicken Mash Potatoes w/gravy Aloha Roll Apple</p>  <p>Pollo al Horno</p>	<p>20</p> <p>Taco Salad Boat w/ Seasoned Turkey Meat Tasty Refried Beans Pineapple Tidbits</p>  <p>Tostada con Carne de Pavo</p>	<p>21</p> <p>Pizza Friday! Tony's Thin Crust Cheese Pizza Fresh Green Salad w/ Cherry Tomatoes Frozen Fruit Cup</p> <p>Pizza de Queso de Big Daddy</p>
<p>24</p> <p>Bosco Cheese Sticks w/Marinara Sauce Kiwi</p>  <p>Palitos de Queso con Salsa Marinara</p>	<p>25</p> <p>Cheeseburger on Whole Grain Bun Baked Potato Smiles Strawberries</p>  <p>Hamburguesa con Queso</p>	<p>26</p> <p>Brunch For Lunch French Toast Turkey Sausage Patty Tater Tots 100% Juice</p>  <p>Palitos de Pan Frances</p>	<p>27</p> <p>Chicken Fajita Tostada Boat Pinto Beans Apple Slices</p>  <p>Fajitas de Pollo</p>	<p>28</p> <p>Pizza Friday! Big Daddy Cheese Pizza Fresh Green Salad w/Cherry Tomatoes, Pineapple Tidbits</p> <p>Pizza de Queso en Pan Frances</p>

MEAL PRICES

Elementary Full Price Breakfast-\$1.25
 Secondary Full Price Breakfast-\$1.50
 Reduced Breakfast-\$0.30

Elementary Full Price Lunch-\$3.00
 Secondary Full Price Lunch-\$3.50
 Reduced Lunch-\$0.40

Adult Prices: Breakfast-\$2.25
 Lunch-\$4.25




HARVEST OF THE MONTH

Health and Learning Success Go Hand-in-Hand: Eating nutrient-rich foods like fruits and vegetables can help children do better in school. With *Harvest of the Month*, you can set a positive example and put your child on the road to health and learning success.





Healthy Fun Facts and Serving Ideas:

STRAWBERRIES → When ripe, strawberries are bright red, juicy and very sweet.

- **The strawberry, a member of the rose family, is the only fruit with seeds on the outside. And on average, there are 200 seeds on each berry**
- **Eight strawberries will provide 140 percent of the recommended daily intake of Vitamin C**
- **Strawberries are eaten in a number of different ways including fresh, dried, as a jam, or in a drink**

*For more ideas visit: www.cachampionsforchange.net *



2-Week Cycle Elementary Breakfast Menu					
 Cycle Date	   Menu is Subject to Change without notice				
Cycle 1 Apr. 17-21	Coffee Cake Or Cereal w/Graham Crackers	Biscuit w/Sausage Or Cereal w/String Cheese	Breakfast Pizza Bagel Or Cereal w/Graham Crackers	Oatmeal w/Graham Crackers Or Cereal w/String Cheese	Zucchini Bread Or Cereal w/Graham Crackers
Cycle 2 Apr. 24-28	Banana Bread Or Cereal w/String Cheese	Belgian Waffle Or Cereal w/Graham Crackers	Breakfast Pizza Bagel Or Cereal w/String Cheese	French Toast Sticks Or Cereal w/Graham Crackers	Build Your Own Yogurt Parfait Or Cereal w/String Cheese
Offered with Every Breakfast: Assorted 4oz juice, fresh, or canned. Milk Offered Daily: 1% or nonfat white					

Prepay online at www.myschoolbucks.com

Opt out of Nonfat Chocolate Milk via email at fns@smmusd.org

Did you know? You may qualify for CalFresh and/or Affordable Health Care Benefits? Visit Virginia Avenue Park Tuesdays, 8 am- 5 pm. For more information/appointments call 310-458-8688