

SMMUSD-Elementary Lunch Menu

Prepay online at www.myschoolbucks.com

DECEMBER 2016




Menu is subject to change



Varieties of Milk offered daily:

- 1% white- (breakfast & lunch)
- Nonfat White -(breakfast & lunch)
- Non-fat chocolate-(lunch only)

1	2
Taco Salad w/Turkey Meat Tasty Refried Beans Tortilla Chips Persimmon  Ensalada de Taco con Carne de Pavo	Pizza Friday! Tony's Thin Crust Cheese Pizza Fresh Romaine Salad Cup w/Cherry Tomatoes, Apple Pizza de Queso de Corteza Delgada

5	6	7	8	9
Grilled Cheese Sandwich Fresh Baby Carrots w/Low Fat Ranch Dressing Orange  Sandwich de Queso a la Parrilla	Turkey Pepperoni Pizza Pocket Baby carrots Banana  Empanada con Salchicha de Pavo	Pasta w/ Meat Sauce Aloha Roll Apple  Pasta con salsa de carne	Tostada Boat Turkey Taco Meat Tasty Refried Beans Kiwi  Tostada con Carne de Pavo	Pizza Friday! Pizza Friday! Big Daddy Cheese Pizza Fresh Green Salad w/Cherry Tomatoes Frozen Fruit Cup Pizza de Queso de Big Daddy

12	13	14	15	16
Bosco Cheese Sticks w/Marinara Sauce Pear  Palitos de Queso con Salsa Marinera	Cheeseburger on Whole Grain Bun Baked Potato Smiles Orange  Hamburguesa con Queso	Brunch For Lunch Pancakes Turkey Sausage Patty Tater Tots 100% Juice Panqueques	Taco Bar Turkey Taco Meat Flour Tortilla Refried Beans Apple Barra de Taco con Carne de Pavo	Pizza Friday! Tony's French Bread Cheese Pizza Fresh Green Salad w/Cherry Tomatoes, Pineapple Tidbits Pizza de Queso in Pan Frances

19	20	21	22	23
Home Style Macaroni & Cheese Yummy Green Beans Aloha Roll Kiwi Macaron y Queso 	Baked Chicken Fritters Baked Sweet Potato Cubes Pear  Piezas de Pollo	Orange Chicken Steamed Brown Rice Steamed Broccoli Persimmon  Piezas de Pollo con sabor de naranja	Taco Salad w/Turkey Meat Tasty Refried Beans Tortilla Chips Mandarin Ensalada de Taco con Carne de Pavo	Pizza Friday! Tony's Thin Crust Cheese Pizza Fresh Romaine Salad Cup w/Cherry Tomatoes, Apple Pizza de Queso de Corteza Delgada

Vegetarian Options:
 12/1-Grilled Cheese Sandwich
 12/5-12/8 Cheese Quesadilla
 12/12-12/15 Bean & Cheese Burrito
 12/19-12/22-Yogurt & Pretzels

The Vegetarian option for Friday is Cheese Pizza

1/2 cup serving of fruits/vegetables will be served with breakfast & lunch




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

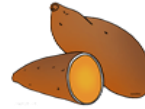
Adult Prices: Breakfast-\$2.25
 Lunch-\$4.25




December 26, 2016 thru January 6, 2017



HARVEST OF THE MONTH







Sweet potatoes

- Instead of potato chips, peel and slice raw sweet potatoes and serve with fat free dip for a healthy snack
- Dip strips of sweet potatoes in egg, substitute and bake lightly oiled pan at 425 F for 25-30 minutes to make sweet potatoes fries.
- Baked sliced sweet potatoes with apples and cinnamon for a hot dessert.

Produce Tips

- Choose firm, dark, dry and smooth bruises, sprouts or moldy spots. One decayed spot can make the entire sweet potato tasted bad, even when cut away.
- Do not was sweet potatoes until you are ready to cook them
- Do not store sweet potatoes in the refrigerator. To keep, fresh, store in a dry, cool place, like a pantry or garage.
- At room temperature sweet potatoes should be used within one week. If stored properly, sweet potatoes can keep for one month longer.

 Cycle Date	2-Week Cycle Elementary Breakfast Menu 				
	 Menu is Subject to Change without notice				
Cycle 1 Dec. 5-9 Dec. 19-23	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 Dec. 12-16 Winter Break Dec. 26-Jan. 6	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, canned or dried fruit. Milk Offered Daily: 1% or nonfat white					

Harvest
of the
Month™

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