

SMMUSD-Elementary Lunch Menu

Prepay online at www.myschoolbucks.com



FEBRUARY 2017



Menu is subject to change

		1	2	3
 <p>Varieties of Milk offered daily: 1% white- (breakfast & lunch) Nonfat White (breakfast & lunch) Non-fat chocolate-(lunch only)</p>		<p>Pasta w/ Meat Sauce Aloha Roll Pear</p>  <p>Pasta con salsa de carne</p>	<p>Chicken Fajita W/ Flour Tortilla Fiesta Corn & Black Beans Cara Cara Orange</p>  <p>Fajitas de pollo</p>	<p>Pizza Friday! Big Daddy Cheese Pizza Fresh Romaine Salad cup w/ Cherry Tomatoes Sliced Apples</p> <p>Pizza de queso de Corteza Delgada</p>
6	7	8	9	10
<p>Grilled Cheese Sandwich Fresh Baby Carrots w/Low Fat Ranch Dressing Peaches</p>  <p>Sandwich de Queso a la Parrilla</p>	<p>Turkey Peperoni Pizza Pocket Green Beans Golden Nugget Mandarin</p>  <p>Empanada con Salchicha de Pavo</p>	<p>Baked Chicken Mash Potatoes w/gravy Aloha Roll Apple</p>  <p>Pollo al Horno</p>	<p>Taco Salad Boat w/ Seasoned Turkey Meat Tasty Refried Beans Pineapple Tidbits</p>  <p>Tostada con Carne de Pavo</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>
13	14	15	16	17
<p>Bosco Cheese Sticks w/Marinara Sauce Kiwi</p>  <p>Palitos de Queso con Salsa Marinara</p>	<p>Cheeseburger on Whole Grain Bun Baked Potato Smiles Valentine Cookie Strawberries</p>  <p>Hamburguesa con Queso</p>	<p>Brunch For Lunch French Toast Turkey Sausage Patty Tater Tots 100% Juice</p>  <p>Palitos de Pan Frances</p>	<p>Chicken Fajita Tostada Boat Pinto Beans Apple Slices</p>  <p>Fajitas de Pollo</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>
20	21	22	23	24
<p> Holiday No School</p>	<p>BBQ Beef Rib Sandwich Fiesta Corn Strawberries & Kiwi</p>  <p>Sandwich de barbacoa</p>	<p>Teriyaki Chicken Steamed Brown Rice Steamed Broccoli Cara Cara Orange</p>  <p>Piezas de Pollo en Teriyaki</p>	<p>Taco Salad w/ Seasoned Turkey Meat Tasty Refried Beans Tortilla Chips Apple</p>  <p>Ensalada de Taco con Carne de Pavo</p>	<p>Pizza Friday! Tony's French Bread Cheese Pizza Fresh Romaine Salad Cup W/Cherry Tomatoes Frozen Fruit Cup</p> <p>Pizza de Queso de Corteza Delgada</p>
27	28			
<p>Señor Felix Bean & Cheese Burrito Corn Orange</p>  <p>Burrito de Frijoles y Queso</p>	<p>Baked Corn Dog Baked Seasoned Potato Wedges Pineapple Tidbits</p>  <p>Perro Caliente Empanizado</p>			



Vegetarian Options:

- 2/1-2/2 -Quesadilla
- 2/6-2/9- Protein Box
- 2/13-1/16- Yogurt & Pretzels
- 2/21-2/23- Hummus Box
- 2/27-2/28- Grilled Cheese Sandwich
- Fridays- 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



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:

CARA CARA ORANGE





The color may range from a pinkish to a deep red, much like that of the grapefruit

- These oranges are very low in acid, with a naturally sweet yet tangy flavor
- The seedless reddish-pink flesh is similar to cranberries, strawberries, or raspberries
- Their slightly berry-like, sweet flavor tastes delicious when eaten alone and in fruit salads
- The oranges can also be juiced, eaten with yogurt or [granola](#), or cooked into jams, jellies, and other spreads.

*[For more ideas visit:www.cachampionsforchange.net](http://www.cachampionsforchange.net) *

Produce Tips:

- They are best stored in a cool area, such as a back porch or pantry

 Cycle Date	2-Week Cycle Elementary Breakfast Menu 				
	 Menu is Subject to Change without notice				
Cycle 1 Feb. 6-10 Feb. 20-24	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 Feb. 1-3 Feb. 13-17 Feb. 27-Mar 3	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					

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