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

Grilled Cheese Sandwich
Fresh Baby Carrots
w/Low Fat Ranch Dressing
Peaches
Sandwich de Queso a la Parrilla

Summerfield Pizza Pocket
Green Beans
Golden Nugget Mandarin
Empanada con Salmacha de Pavo

Baked Chicken
Mash Potatoes w/gravy
Aloha Roll
Apple
Pollo al Horno

Burrito de Frijoles y Queso

BBQ Beef Rib Sandwich
Fiesta Corn
Strawberries & Kiwi
Sandwich de barbacoa

Taco Salad w/ seasoned Turkey Meat
Tasty Refried Beans
Pineapple Tidbits
Ensalada de Tacos con Carne de Pavo

Pizza Friday!
Tony’s French Bread Cheese Pizza
Fresh Green Salad w/ Cherry Tomatoes,
Frozen Fruit Cup
Pizza de Queso de Corteza Delgada

Menus & Food & Nutrition Info can be found on our website at www.smmusd.org/foodservices
Suggestions or questions, email: fns@smmusd.org
This Institution is an Equal Opportunity Provider

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

Grilled Cheese Sandwich
Fresh Baby Carrots
w/Low Fat Ranch Dressing
Peaches
Sandwich de Queso a la Parrilla

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

Friadays- Cheese Pizza
½ cup serving of fruits/vegetables will be served with breakfast & lunch
**Harvest of the Month**

**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

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### 2-Week Cycle Elementary Breakfast Menu

<table>
<thead>
<tr>
<th>Cycle Date</th>
<th>Cycle 1 Feb. 6-10 Feb. 20-24</th>
<th>Cycle 2 Feb. 1-3 Feb. 13-17 Feb. 27-Mar 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coffee Cake</td>
<td>Coffee Cake</td>
<td>Banana Bread</td>
</tr>
<tr>
<td>Or</td>
<td>Or</td>
<td>Or</td>
</tr>
<tr>
<td>Cereal</td>
<td>Cereal</td>
<td>Cereal</td>
</tr>
<tr>
<td>w/Graham Crackers</td>
<td>w/String Cheese</td>
<td>w/String Cheese</td>
</tr>
<tr>
<td>Biscuit w/Sausage</td>
<td>Biscuit w/Cereal</td>
<td>Belgian Waffle</td>
</tr>
<tr>
<td>Or</td>
<td>Or</td>
<td>Or</td>
</tr>
<tr>
<td>Cereal</td>
<td>Cereal</td>
<td>Cereal</td>
</tr>
<tr>
<td>w/String Cheese</td>
<td>w/Graham Crackers</td>
<td>w/Graham Crackers</td>
</tr>
<tr>
<td>Breakfast Pizza Bagel</td>
<td>Breakfast Pizza Bagel</td>
<td>Breakfast Pizza Bagel</td>
</tr>
<tr>
<td>Or</td>
<td>Or</td>
<td>Or</td>
</tr>
<tr>
<td>Cereal</td>
<td>Cereal</td>
<td>Cereal</td>
</tr>
<tr>
<td>w/String Cheese</td>
<td>w/Graham Crackers</td>
<td>w/String Cheese</td>
</tr>
<tr>
<td>Oatmeal w/Graham Crackers</td>
<td>Oatmeal w/Graham Crackers</td>
<td>French Toast Sticks</td>
</tr>
<tr>
<td>Or</td>
<td>Or</td>
<td>Or</td>
</tr>
<tr>
<td>Cereal</td>
<td>Cereal</td>
<td>Cereal</td>
</tr>
<tr>
<td>w/String Cheese</td>
<td>w/Graham Crackers</td>
<td>w/String Cheese</td>
</tr>
<tr>
<td>Zucchini Bread</td>
<td>Zucchini Bread</td>
<td>Build Your Own Yogurt Parfait</td>
</tr>
<tr>
<td>Or</td>
<td>Or</td>
<td>Or</td>
</tr>
<tr>
<td>Cereal</td>
<td>Cereal</td>
<td>Cereal</td>
</tr>
<tr>
<td>w/Graham Crackers</td>
<td>w/String Cheese</td>
<td>w/String Cheese</td>
</tr>
</tbody>
</table>

**Offered with Every Breakfast:** Assorted 4oz juice, fresh, or canned.

**Milk Offered Daily:** 1% or nonfat white

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**Prepay online at [www.myschoolbucks.com](http://www.myschoolbucks.com)**

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

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**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**