


















SMMUSD-Elementary Lunch Menu

Prepay online at www.myschoolbucks.com

HAPPY NEW YEAR!!



JANUARY 2017

9	10	11	12	13
<p>Grilled Cheese Sandwich Fresh Baby Carrots w/Low Fat Ranch Dressing Orange</p>  <p>Sandwich de Queso a la Parrilla</p>	<p>Baked Mini Corn Dogs French Fries Cross Trac Banana</p>  <p>Peritos Calientes Empanizados</p>	<p>Pasta w/ Meat Sauce Aloha Roll Fresh Green Salad W/ Cherry Tomatoes Apple</p>  <p>Pasta con salsa de carne</p>	<p>Tostada Boat Turkey Taco Meat Tasty Refried Beans Mandarins</p>  <p>Tostada con Carne de Pavo</p>	<p>Pizza Friday! Big Daddy Cheese Pizza Fresh Green Salad w/Cherry Tomatoes Frozen Fruit Cup</p>  <p>Pizza de Queso de Big Daddy</p>
16	17	18	19	20
<p>Martin Luther King Holiday</p>  <p>No School</p>	<p>Cheeseburger on Whole Grain Bun Baked Potato Smiles Orange</p>  <p>Hamburguesa con Queso</p>	<p>Brunch For Lunch Pancakes Turkey Sausage Patty Tater Tots 100% Juice Panqueques</p> 	<p>Taco Bar Turkey Taco Meat Flour Tortilla Refried Beans Apple</p> <p>Barra de Taco con Carne de Pavo</p>	<p>Pizza Friday! Tony's French Bread Cheese Pizza Fresh Green Salad w/Cherry Tomatoes, Pineapple Tidbits</p> <p>Pizza de Queso in Pan Frances</p>
23	24	25	26	27
<p>Home Style Macaroni & Cheese Yummy Green Beans Aloha Roll Grapes</p>  <p>Macarones con Queso</p>	<p>Baked Chicken Strips French Fries Cross Trac Pear</p>  <p>Piezas de Pollo horneadas</p>	<p>Orange Chicken Steamed Brown Rice Steamed Broccoli Orange</p>  <p>Piezas de Pollo con sabor de naranja</p>	<p>Taco Salad w/Turkey Meat Tasty Refried Beans Tortilla Chips Banana</p>  <p>Ensalada de Taco con Carne de Pavo</p>	<p>Pizza Friday! Tony's Thin Crust Cheese Pizza Fresh Green Salad w/Cherry Tomatoes Apple</p>  <p>Pizza de Queso de Corteza Belgada</p>
30	31	 <div style="border: 1px dashed black; padding: 5px; display: inline-block;"> <p>Varieties of Milk offered daily:</p> <ul style="list-style-type: none"> • 1% white- (Breakfast & Lunch) • Nonfat White- (Breakfast & Lunch) • Non-fat chocolate- (Lunch only) </div>		
<p>Señor Felix Bean & Cheese Burrito Corn Grapes</p>  <p>Burrito de Frijoles y Queso</p>	<p>Baked Corn Dog Baked Seasoned Potato Wedges Banana</p>  <p>Perro caliente Empanizado</p>			

Menu subject to change

Vegetarian Options:

- 1/9-1/12-Yogurt & Pretzels
- 1/16-1/19 -Hummus Box
- 1/23-1/26- Bean & Cheese Burrito
- 1/30-2/2-Cheese Quesadilla

The Vegetarian option for Friday is Cheese Pizza

½ 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 Serving Ideas:

- Add sliced plums to green salads.
- Top low fat yogurt with sliced plums and granola for breakfast or dessert.
- Blend fresh or frozen plums with low fat milk and ice. Or, substitute milk with low fat frozen yogurt.

For more ideas visit: www.cachampionsforchange.net

Produce Tips:

- Look for plums with solid color—red
- Ripen hard plums in a paper bag at room temperature for up to three days.
- Store ripe plums in the refrigerator for up to five days.

2-Week Cycle Elementary Breakfast Menu					
 Cycle Date	  				
	Menu is Subject to Change without notice				
Cycle 1 Jan. 9-13 Jan. 23-27	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 Jan. 17-20 Jan. 30-Feb. 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 <u>Every Breakfast</u> : Assorted 4oz juice, fresh, canned or dried fruit. <u>Milk Offered Daily</u> : 1% or nonfat white					



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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