

SMMUSD-Elementary Lunch Menu

Prepay online at www.myschoolbucks.com

March 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>Cheese Ravioli w/Marinara Sauce Green Beans Aloha Roll Fresh Whole Apple</p> <p>Pasta con salsa de carne de Pavo</p>	<p>Chicken Taquitos Fiesta Corn & Black Beans Fresh Orange Smiles</p>  <p>Taquitos de Pollo</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 Corteza Delgada</p>
6	7	8	9
<p>Bosco Cheese Sticks W/ Marinara Baby Carrots Sliced Apples</p> <p>Palitos de Queso con Salsa Marinara</p>	<p>Turkey Peperoni Pizza Pocket Corn Whole Banana</p>  <p>Empanada con Salchicha de Pavo</p>	<p>Oven Baked Chicken Yummy Carrots Mashed Potatoes & Gravy Tangelo</p> <p>Pollo al Horno</p>	<p>Taco Bar w/ Seasoned Turkey Meat Flour Tortilla Tasty Refried Beans Peaches</p> <p>Bara de Taco con Carne de Pavo</p>
13	14	15	16
<p>Hot Grilled Cheese Sandwich Fresh Baby Carrots w/Low Fat Ranch Dressing Peaches</p>  <p>Sandwich de Queso a la Parrilla</p>	<p>Baked Corn Dog Baked Seasoned Potato Wedges Orange Smiles</p>  <p>Perro Caliente Empanizado</p>	<p>Pasta w/ Meat Sauce Fresh Green Salad w/Cherry Tomatoes Aloha Roll Fresh Pear</p>  <p>Pasta con salsa de carne</p>	<p>Shamrock Chicken Nuggets Corn Tangerine</p>  <p>Piezas de Pollo</p>
20	21	22	23
<p>Home Style Macaroni & Cheese Sliced Carrots Aloha Roll Tangelo</p>  <p>Macarones con Queso</p>	<p>Cheeseburger on Whole Grain Bun Baked Potato Smiles Fresh Pear</p>  <p>Hamburguesa con Queso</p>	<p>Brunch For Lunch Waffle Sticks Turkey Sausage Patty Tater Tots 100% Juice</p> <p>Palitos de Waffle</p>	<p>Taco Salad Boat w/ Seasoned Turkey Meat Tasty Refried Beans Whole Apple</p>  <p>Ensalada de Taco con Carne de Pavo</p>
27	28	29	30
<p>Señor Felix Bean & Cheese Burrito Corn Peaches</p>  <p>Burrito de Frijoles y Queso</p>	<p>Baked Chicken Strips Baked Cross Trax Fries. Fresh Pear</p>  <p>Piezas de Pollo horneadas</p>	<p>BBQ Beef Rib Sandwich Tater Tots Cara Cara Oranges Smiles</p> <p>Sandwich de barbacoa</p>	<p>Chicken Soft Taco W/ Flour Tortilla Spanish Rice & Black Beans Banana</p> <p>Tacos de Pollo</p>
31			
<p>Pizza Friday! Tony's Thin Crust Cheese Pizza, Fresh Romaine Salad cup w/ Cherry Tomatoes Sliced Apples</p> <p>Pizza de Queso de Corteza Delgada</p>			



Vegetarian Options:

- 3/1-3/2- Grilled Cheese Sandwich
- 3/6-3/9- Quesadilla
- 3/13-3/16- Bean and Cheese Burrito
- 3/21-3/23- Hummus Box
- 3/27-3/30- Yogurt & Pretzels
- Frídays- 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

To make a complete meal, students must take ½ of fruit OR vegetable

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.







CUCUMBERS



Healthy Fun Facts and Serving Ideas:

- A ½ cup of sliced cucumbers provides a good source of vitamin K, a vital nutrient for the body
- One medium Cucumber is about ½ cup sliced, which is about one cupped handful
- Spring is prime planting time
- Cucumbers grow best in temperatures from 65-75 degrees Fahrenheit.
- Columbus transported cucumbers to North America from Spain in the early 16th century

2-Week Cycle Elementary Breakfast Menu							
 Cycle Date	 Menu is Subject to Change without notice						
		Cycle 1 March 6-10 March 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
Cycle 2 March 1-3 March 13-17 March 27-31	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		

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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