

SMMUSD-Elementary Lunch Menu

Prepay online at www.myschoolbucks.com

May 2017



1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		
Bosco Cheese Sticks W/Marinara Baby Carrots Sliced Apples  Palitos de Queso con Salsa Marinara	Baked Mini Corn Dogs Veggie Beans Banana  Peritos Calientes Empanizados	Chicken Nuggets Baked Cross Trax Fries Fresh Grapes  Piezas de Pollo	Taco Bar w/ Seasoned Turkey Meat Flour Tortilla Refried Beans Peaches Bara de Taco con Carne de Pavo	Pizza Friday! Tony's Thin Crust Cheese Pizza Fresh Green Salad w/ Cherry Tomatoes Frozen Fruit Cup Pizza de queso de Corteza Delgada
Grilled Cheese Sandwich Fresh Baby Carrots w/Low Fat Ranch Dressing Sliced Strawberries  Sandwich de Queso a la Parrilla	Turkey Peperoni Pizza Pocket Green Beans Peaches  Empanada con Salchicha de Pavo	Orange Chicken Steamed Brown Rice Steamed Broccoli Orange Smiles  Piezas de Pollo con sabor de naranja	Chicken Fajita Tostada Boat Pinto Beans Apple Slices  Fajitas de Pollo	Pizza Friday! Big Daddy Cheese Pizza Fresh Green Salad w/Cherry Tomatoes, Pineapple Tidbits Pizza de Queso de Big Daddy
Home Style Macaroni & Cheese Sliced Carrots Aloha Roll Fresh Grapes  Macarones con Queso	Baked Corn Dog Veggie Beans Orange Smiles  Perro Caliente Empanizado	Pasta w/ Meat Sauce Fresh Green Salad w/Cherry Tomatoes  Aloha Roll Fresh Pear Pasta con salsa de carne	Chicken Taquitos Spanish Rice Fresh Plum  Taquitos de Pollo	Pizza Friday! Tony's Thin Crust Cheese Pizza Fresh Romaine Salad cup w/Cherry Tomatoes Sliced Green Apples Pizza de queso de Corteza Delgada
Señor Felix Bean & Cheese Burrito Fiesta Corn Fresh Plum  Burrito de Frijoles y Queso	Cheeseburger on Whole Grain Bun Baked Potato Smiles Fresh Pear  Hamburguesa con Queso	Brunch For Lunch Waffle Sticks Turkey Sausage Patty Tater Tots 100% Juice Palitos de Waffle	Taco Salad Boat w/ Seasoned Turkey Meat Tasty Refried Beans Whole Apple  Ensalada de Taco con Carne de Pavo	Pizza Friday! Big Daddy Cheese Pizza Fresh Green Salad w/ Cherry Tomatoes Frozen Fruit Cup Pizza de Queso de Big Daddy
No School Memorial Day!!!	Baked Chicken Strips Baked Cross Trax Fries. Fresh Pear  Piezas de Pollo horneados	BBQ Beef Rib Sandwich Veggie Sticks w/Low Fat Ranch Dressing Cara Cara Orange Smiles Sandwich de barbacoa		
		Varieties of Milk offered daily: 1% white- (breakfast & lunch) Nonfat White (breakfast & lunch) Non-fat chocolate-(lunch only)		

Vegetarian Options:

- 5/1-5/4-Grilled Cheese Sandwich
- 5/8-5/11- Quesadilla
- 5/15-5/18- Bean and Cheese Burrito
- 5/22-5/25- Hummus Box
- 5/30-5/31- Yogurt & Pretzels
- Fridays- Cheese Pizza

½ cup serving of fruits/vegetables will be served with breakfast & lunch

*Menu Subject to Change

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.



CARROTS







Healthy Fun Facts and Serving Ideas:

- Carrots are the second most popular type of vegetable after potatoes
- There are over 100 species of carrots.
Some are big. Some are small and they come in a variety of colors including: orange, purple, white, yellow, and red

PRODUCE TIPS

- Enhance the naturally sweet flavor of carrots by adding a little honey or sugar when cooking.
- When cooking carrots be sure to cut the pieces as close as possible to the same size so that they will cook evenly.
- Peeled carrots will sometimes develop a dry, white coating when being stored. If they seem to be acceptable otherwise, the carrots can be rehydrated by soaking in cold water for a short period of time. This should rid the carrots of the white coating and bring them back to their original color.

2-Week Cycle Elementary Breakfast Menu					
					
Cycle Date	Menu is Subject to Change without notice				
Cycle 1 May 1-5 May 15-19 May 29-31	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 May 8-12 May 22-26	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: Fruit: Assorted 4oz juice, fresh, canned or dried fruit- Milk offered Daily: 1% and nonfat white					

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