


SMMUSD-Elementary Lunch Menu

NOVEMBER 2016

Prepay online at www.myschoolbucks.com

Menu is subject to change



1	2	3	4
Baked Mini Corn Dog Veggie Bean Banana  Perro Caliente Empanizado	Baked Chicken Nuggets Baked Potato Wedges Kiwi  Piezas de Pollo	Taco Salad w/Turkey Meat Tasty Refried Beans Tortilla Chips Persimmon Ensalada de Taco con Carne de Pavo	PUPIL FREE DAY FOR ELEMENTARY SITES
7	8	9	10
Grilled Cheese Sandwich Fresh Baby Carrots w/Low Fat Ranch Dressing  Orange Sandwich de Queso a la Parrilla	Pasta w/ Meat Sauce Aloha Roll Apple  Pasta con salsa de carne	Turkey Pepperoni Pizza Pocket Baby carrots Banana  Empanada con Salchicha de Pavo	Tostada Boat Turkey Taco Meat Tasty Refried Beans Kiwi  Tostatda con Carne de Pavo
11	VETERAN'S DAY HOLIDAY  Veteran's Day		
14	15	16	17
Bosco Cheese Sticks w/Marinara Sauce Pears  Palitos de Queso con Salsa Marinara	Cheeseburger on Whole Grain Bun Baked Potato Smiles Orange  Hamburguesa con Queso	Brunch For Lunch Pancakes Turkey Sausage Patty Tater Tots 100% Juice Panqueques	Taco Bar Turkey Taco Meat Flour Tortilla Refried Beans Apple Bara de Taco con Carne de Pavo
18	Pizza Friday! Tony's French Bread Cheese Pizza Fresh Green Salad w/Cherry Tomatoes, Pinapple Tidbits Pizza de Queso in Pan Frances		
21	22	23	24
Home Style Macaroni & Cheese Yummy Green Beans Aloha Roll Kiwi  Macaron y Queso	Baked Chicken Fritters Baked Sweet Potato Cubes Pears  Piezas de Pollo	Orange Chicken Steamed Brown Rice Steamed Broccoli Persimmon  Piezas de Pollo a Savor de Naranja	THANKSGIVING HOLIDAY 
25	THANKSGIVING HOLIDAY 		
28	29	30	Varieties of Milk offered daily: • 1% white- (breakfast & lunch) • Nonfat White -(breakfast & lunch) • Non-fat chocolate-(lunch only)
Señor Felix Bean & Cheese Burrito Corn Peaches  Burrito de Frijoles y Queso	Baked Corn Dog Baked Seasoned Potato Wedges Banana  Panes de Hamburguesa	Baked Chicken Nuggets Baked Potato Wedges Pineapple Tidbits  Piezas de Pollo	

Vegetarian Options:
 11/1-11/3 Cheese Quesadilla
 11/7-11/10- Bean & Cheese Burrito
 11/14-11/17- Yogurt & Pretzels
 11/21-11/23- Hummus Box
 11/28-12/1- Grilled Cheese Sandwich

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:

- Offer whole or quartered Fuyu persimmons to your child as an after-school snack
- Toss sliced Fuyu persimmons into salads or add to stir-fries
- Add Hachiya persimmons to recipes like muffins, pies, and puddings
- Replace the tomatoes in your favorite salsa recipe with chopped Fuyu persimmons for a sweet salsa snack

For more ideas visit: www.cachampionsforchange.net

Produce Tips:

- Select bright orange and red-colored persimmons with smooth skin and leaves still attached
- Ripe Fuyus are firm and stay fresh for up to three weeks at room temperature
- Ripe Hachiyas are soft and may be slightly wrinkled or have a few brown spots. Store at room temperature and use within a few days
- To ripen firm Hachiyas, place in paper bag with an apple or banana

 Cycle Date	2-Week Cycle Elementary Breakfast Menu				
					
	Menu is Subject to Change without notice				
Cycle 1 Nov. 7-10 Nov. 21-23	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 Nov. 1-4 Nov. 14-18 Nov. 28-Dec. 2	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, canned or dried fruit. Milk Offered Daily: 1% or 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