

SMMUSD-Elementary Lunch Menu

OCTOBER 2016

Prepay online at www.myschoolbucks.com

Menu is subject to change

3	4	5	6	7
HOLIDAY SCHOOLS CLOSED	<p>Baked Corn Dog Baked Seasoned Potato Wedges Banana</p>  <p>Perro Caliente Empanizado</p>	<p>Baked Chicken Strips Fresh Veggie Stix w/Low Fat Ranch Dressing Fruit</p>  <p>Piezas de Pollo</p>	<p>Taco Salad w/Turkey Meat Tasty Refried Beans Tortilla Chips Fruit</p> <p>Ensalada de Taco con Carne de Pavo</p>	<p>Pizza Friday! Tony's Thin Crust Cheese Pizza Fresh Romaine Salad Cup w/Cherry Tomatoes, Apple</p> <p>Pizza de Queso de Corteza Delgada</p>
10	11	12	13	14
<p>Grilled Cheese Sandwich Fresh Baby Carrots w/Low Fat Ranch Dressing Fruit</p>  <p>Sandwich de Queso a la Parrilla</p>	<p>Turkey Pepperoni Pizza Pocket Baby carrots Fruit</p>  <p>Empanada con Salsichita de Pavo</p>	HOLIDAY SCHOOLS CLOSED	<p>Tostada Boat Turkey Taco Meat Tasty Refried Beans Fruit</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>
17	18	19	20	21
<p>Bosco Cheese Sticks w/Marinara Sauce Fruit</p>  <p>Palitos de Queso con Salsa Marinara</p>	<p>Cheeseburger on Whole Grain Bun Baked Potato Smiles Fruit</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>Bara de Taco con Carne de Pavo</p>	<p>Pizza Friday! Tony's French Bread Cheese Pizza Fresh Green Salad w/Cherry Tomatoes, Fruit</p> <p>Pizza de Queso in Pan Frances</p>
24	25	26	27	28
<p>Home Style Macaroni & Cheese Yummy Green Beans Fruit</p>  <p>macaron y Queso</p>	<p>Halloween Nuggets Baked Cross Trax Fries Aloha Roll Fruit</p>  <p>Piezas de Pollo</p>	<p>Orange Chicken Steamed Brown Rice Steamed Broccoli Orange</p>  <p>Piezas de Pollo a Sabor de Naranja</p>	<p>Taco Salad w/Turkey Meat Tasty Refried Beans Tortilla Chips Fruit</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, Fruit</p> <p>Pizza de Queso de Corteza Delgada</p>
31				
<p>Señor Felix Bean & Cheese Burrito Corn Grapes</p>  <p>Burrito de Frijoles y Queso</p>				
				
		<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) 		

Vegetarian Options:
10/4-10/6 Bean & Cheese Burrito
10/10-10/13-Yogurt & Pretzels
10/17-10/20-Hummus Box
10/24-10/27-Toasted Cheese Sandwich
10/31-11/3-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:

- Serve whole kiwis as an afternoon snack. They can be eaten like apples-with the skin.
- Make a pancake smiley face. Top pancakes with two kiwi slices for eyes and make a nose and mouth with a strawberry or banana.
- Slice two kiwis into calcium-rich low fat yogurt or cottage cheese for an added sweet flavor.
- Kiwis work great for tenderizing meat. Explain to your child that kiwis have an enzyme (proteins produced by living things, like fruit) that helps break down the meat to make it tender. Find a recipe to try this together.
- Ask your child to help you make a healthy fruit salad for dessert. [For more ideas visit:www.cachampionsforchange.net](http://www.cachampionsforchange.net)

Produce Tips:

- Select firm unblemished fruit. The size of fruit does not affect taste.
- Press the outside of the fruit with your thumb. If it gives to a little pressure, the kiwi is ripe. If the kiwi feels hard, it is not ready to eat.
- Kiwis will keep for several days at room temperature and up to four weeks in your refrigerator.
- To ripen kiwis, place in a bag with an apple or a banana. Leave the bag out on the counter for a day or two.

 Cycle Date	2-Week Cycle Elementary Breakfast Menu				
				Menu is Subject to Change without notice	
Cycle 1 Oct. 10-14 Oct.24-28	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 Oct. 3-7 Oct. 17-21 Oct. 31-Nov. 4	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