

# SMMUSD-Elementary Lunch Menu

Prepay online at [www.myschoolbucks.com](http://www.myschoolbucks.com)

## SEPTEMBER 2016

Menu is subject to change



Varieties of Milk offered daily:

- 1% white- (breakfast & lunch)
- Nonfat White -(breakfast & lunch)
- Non-fat chocolate-(lunch only)

1		2	
<b>Taco Bar</b> <b>Turkey Taco Meat</b> Flour Tortilla Refried Beans Apple Bara de Taco con Carne de Pavo		<b>Pizza Friday!</b> <b>Big Daddy Cheese Pizza</b> Fresh Green Salad w/Cherry Tomatoes Frozen Fruit Cup Pizza de Queso de Big Daddy	
5	6	7	8
<b>LABOR DAY HOLIDAY</b> 	<b>Baked Corn Dog</b> Baked Seasoned Potato Wedges Banana Perro Caliente Empanizado	<b>Baked Chicken Nuggets</b> Fresh Veggie Stix w/Low Fat Ranch Dressing Fruit Piezas de Pollo	<b>Taco Salad w/Turkey Meat</b> Tasty Refried Beans Tortilla Chips Fruit Ensalada de Taco con Carne de Pavo
9		10	
<b>Pizza Friday!</b> <b>Tony's Thin Crust Cheese Pizza</b> Fresh Romaine Salad Cup w/Cherry Tomatoes, Apple Pizza de Queso in Pan Frances		<b>Taco Salad w/Turkey Meat</b> Tasty Refried Beans Tortilla Chips Fruit Ensalada de Taco con Carne de Pavo	
12	13	14	15
<b>Grilled Cheese Sandwich</b> Fresh Baby Carrots w/Low Fat Ranch Dressing Fruit Sandwich de Queso a la Parrilla	<b>Baked Mini Corn Dogs</b> Baked Cross Trax Fries Fruit Peritos Calientes Empanizados	<b>Turkey Pepperoni Pizza Pocket</b> Baby Carrots Fruit Empanada con Salsichita de Pavo	<b>Tostada Boat</b> <b>Turkey Taco Meat</b> Tasty Refried Beans Fruit Tostatda con Carne de Pavo
16		17	
<b>Pizza Friday!</b> <b>Tony's French Bread Cheese Pizza</b> Fresh Green Salad w/Cherry Tomatoes, Fruit Pizza de Queso de Corteza Delgada		<b>Taco Salad w/Turkey Meat</b> Tasty Refried Beans Tortilla Chips Fruit Ensalada de Taco con Carne de Pavo	
19	20	21	22
<b>Bosco Cheese Sticks</b> w/Marinara Sauce Fruit Palitos de Queso con Salsa Marinara	<b>Cheeseburger on Whole Grain Bun</b> Baked Potato Smiles Fruit Hamburguesa con Queso	<b>Brunch For Lunch</b> <b>Pancakes</b> Turkey Sausage Patty Tater Tots 100% Juice Panqueque	<b>Taco Bar</b> <b>Turkey Taco Meat</b> Flour Tortilla Refried Beans, Fruit Tostatda con Carne de Pavo Bara de Tostada con Carne de Pavo
23		24	
<b>Pizza Friday!</b> <b>Big Daddy Cheese Pizza</b> Fresh Romaine Salad Cup w/Cherry Tomatoes Cry Baby Sour Fruit Cup Pizza de Queso de Corteza Delgada		<b>Taco Salad w/Turkey Meat</b> Tasty Refried Beans Tortilla Chips Fruit Ensalada de Taco con Carne de Pavo	
26	27	28	29
<b>Home Style Macaroni &amp; Cheese</b> Yummy Green Beans Fruit Macaron y Queso	<b>Baked Chicken Strips</b> Baked Cross Trax Fries Aloha Roll Fruit Piezas de Pollo	<b>Orange Chicken</b> Steamed Brown Rice Steamed Broccoli Orange Piezas de Pollo a Savor de Naranja	<b>Taco Salad w/Turkey Meat</b> Tasty Refried Beans Tortilla Chips Fruit Ensalada de Taco con Carne de Pavo
30		31	
<b>Pizza Friday!</b> <b>Tony's Thin Crust Cheese Pizza</b> Fresh Green Salad w/Cherry Tomatoes, Fruit Pizza de Queso de Big Daddy		<b>Taco Salad w/Turkey Meat</b> Tasty Refried Beans Tortilla Chips Fruit Ensalada de Taco con Carne de Pavo	

Vegetarian Options:  
 9/1-Bean & Cheese Burrito  
 9/6-9/8-Yogurt & Pretzels  
 9/12-9/15-Hummus Box  
 9/19-9/22-Toasted Cheese Sandwich  
 9/26-9/29-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 a balanced diet rich in fruits, vegetables and whole grains supports a healthy body and mind. With Harvest of the Month, your family can explore, taste and learn about fruits and vegetables and being active every day.

**Healthy Serving Ideas:**

- Cut a pear in half and remove the core. Fill the center of each half with all-natural peanut butter or low fat yogurt. Sprinkle with granola and cinnamon for a healthy snack.
- Add sliced pears to spinach salads.
- Enjoy a whole pear for an afternoon snack.
- Talk with your child about fruits and vegetables that are in season. Find a recipe and make it together. For more ideas visit: [www.calpear.com](http://www.calpear.com).

**Produce Tips:**

- Choose pears that look colorful and fresh with no bruises or holes.
- Test for ripeness by pressing gently near the stem. If it feels soft, it is ready to eat.
- To ripen a pear, place on countertop, in a bowl, or in a paper bag. If placed near apples, pears will ripen more quickly.
- Store ripe pears in the refrigerator.
- To keep sliced pears from turning brown, dip them into a mixture of one tablespoon 100% apple juice and one cup water.

2-Week Cycle Elementary Breakfast Menu					
 Cycle Date	 Menu is Subject to Change without notice				
<b>Cycle 1</b> Sept. 1-2 Sept. 12-16 Sept. 26-30	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
<b>Cycle 2</b> Sept. 6-9 Sept. 19-23	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](http://www.myschoolbucks.com)**

**Opt out of Nonfat Chocolate Milk via email at [fns@smmusd.org](mailto: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**