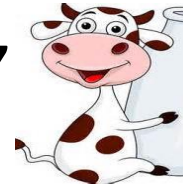


SMMUSD-Elementary Lunch Menu

December 2017

*Menu Subject to change

Winter Break: Dec 25th -Jan.5th



Varieties of Milk offered daily: 1% white-(Breakfast & Lunch)
Nonfat White (Breakfast &Lunch) Non-fat chocolate-(lunch only)


★=Meatless Meal

 <h1 style="color: red; text-decoration: underline;">Happy Holidays</h1>				
4	5	6	7	8
<p>★ Bosco Cheese Sticks with Marinara Sauce Fresh Fruit and Veggie Bar</p>  Palitos de Queso con Salsa Marinara	<p>Mini Twin Burgers Cowboy Corn Fresh Fruit and Veggie Bar</p>  Hamburguesas Pequeñas	<p>Build Your Own Taco Vegetarian Refried Beans Fresh Fruit and Veggie Bar</p>  Haga su propio Taco	<p>Chicken Tenders Mashed Potatoes Fresh Fruit and Veggie Bar</p>  Piezas de Pollo	<p>★ Pizza Friday! Tony's Thin Crust Pizza Cheese or Pepperoni Dominos' Pizza at: <i>Muir, Cabrillo, Pt. Dume, Webster</i> Fresh Fruit and Veggie Bar Pizza de Queso o Salchicha</p>
11	12	13	14	15
<p>★ Home Style Macaroni & Cheese Yummy Green Beans Fresh Fruit and Veggie Bar</p>  Macaron y Queso	<p>All-Beef Hotdog Vegetarian Beans Fresh Fruit and Veggie Bar</p>  Perro Caliente de Bes	<p>Chicken Delight! Your Favorite Chicken Served with Cross Trax Fries Fresh Fruit and Veggie Bar</p> <p style="text-align: center;">Su favorito Pollo</p>	<p>Build Your Own Sandwich Lay's Baked Potato Chips Fresh Fruit and Veggie Bar</p> <p style="text-align: center;">Haga su Propio Sandwich</p>	<p>★ Pizza Friday! Cheese Pizza Bagel Dominos' Pizza at: <i>Franklin, McKinley, Roosevelt</i> Fresh Fruit and Veggie Bar Pizza de Queso o Salchicha</p>
18	19	20	21	22
<p>★ Bean and Cheese Burrito Mexican Rice Side Kick Frozen Juice Cup Fresh Fruit and Veggie Bar</p>  Burrito de Frijoles Y Queso	<p>Brunch For Lunch French Toast Sticks Turkey Sausage 100% Fruit Juice Fresh Fruit and Veggie Bar</p>  Palitos de Pan Frances Tostado	<p>Teriyaki Chicken Brown Rice Fresh Fruit and Veggie Bar</p>  Pasta con Salsa de Carne de Pavo	<p>Holiday Chicken Nuggets Deli Roasted Potatoes Holiday Cookie Fresh Fruit and Veggie Bar</p>  Piezas de Pollo	<p>★ Pizza Friday! Tony's Thin Crust Pizza Cheese or Pepperoni Papa John's at: <i>Muir, Dominos' at Cabrillo, Pt. Dume, and Webster</i> Fresh Fruit and Veggie Bar Pizza de Queso o Salchicha</p>
25	26	27	28	29
Holiday No School	Winter Break NO School	Winter Break NO School	Winter Break NO School	Winter Break NO School

Vegetarian Options:

Tuesdays-Hummus Panini Box
Wednesdays- Protein Box + Bagel
Thursdays- Bean Taco
Fridays- Cheese Pizza

*1/2 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 1/2 cup of fruit OR
vegetable*

Prepay online at www.myschoolbucks.com

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- Broccoli:

- Eat chopped in salads, soups, stir fry, sautéed, baked into casseroles, boiled, steamed, or eat as is. Steam your broccoli for a bigger nutritional punch.
- Talk with your child about fruits and vegetables that are in season. Find a recipe and make it together.
- **Produce Tips:**
 - Good source of dietary fiber, potassium, vitamin E, folate, and beta carotene.
 - Keep broccoli in the fridge, and consume within a few days, before it begins to turn yellow or lighter green.
 - Available year round but its true season is fall to early spring.



 Cycle Date	2-Week Cycle Elementary Breakfast Menu				
					
Cycle 1 Dec. 1 Dec. 11-15	French Toast Sticks Or Cereal w/ Graham Crackers	Biscuit w/Sausage Or Cereal w/ String Cheese	Breakfast Pizza Bagel Or Cereal w/ Graham Crackers	Cinnamon Triangles w/ Yogurt Or Cereal w/ String Cheese	Yogurt with Whole Grain Muffin Or Cereal w/ Graham Crackers
Cycle 2 Dec. 4-8 Dec.18-22	Breakfast Pizza Bagel Or Cereal w/ String Cheese	Belgian Waffle Or Cereal w/ Graham Crackers	Banana Bread Or Cereal w/ String Cheese	French Toast Sticks Or Cereal w/ Graham Crackers	Coffee Cake Or Cereal w/ Graham Crackers
Offered with Every Breakfast: Fruit: Assorted 4oz juice, fresh, or canned - 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