

SMMUSD-Elementary Lunch Menu

*Menu Subject to change

Prepay online at www.myschoolbucks.com



Happy Valentine's Day!

February 2018

★ =Meatless Meal

*Deli Sandwiches offered Daily



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



1	2
Oven Baked Chicken Nuggets Mashed Potatoes Fresh Fruit and Veggie Bar  Piezas de Pollo	Pizza Friday! Big Daddy Cheese & Pepperoni Pizza Domino's at: Muir, Cabrillo, Pt. Dume, Webster Fresh Fruit and Veggie Bar Pizza de Queso o Salchicha

Vegetarian Options:

Mondays-Grilled Cheese
Tuesdays-Hummus Box
Wednesdays-Protein Box w/Bagel
Thursdays- Bean Taco
Fridays- Power Pack

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

**Specialty Salad offered Every Wednesday*

5 ★	6	7	8	9
Bosco Cheese Sticks W/Marinara Fresh Fruit and Veggie Bar  Palitos de Queso con Salsa Marinara	Mini Twin Burgers Cowboy Corn Fresh Fruit and Veggie Bar  Hamburguesas Pequeñas	Brunch For Lunch French Toast Sticks Beef Sausage Patty 100% Juice Fresh Fruit and Veggie Bar Palitos de Pan Tostado Frances	Breaded Golden Chicken Brown Rice Pilaf Yummy Green Beans Fresh Fruit and Veggie Bar Pollo Horneado	Pizza Friday! Tony's Thin Crust Cheese or Pepperoni Pizza Papa John's Pizza at: Edison, Rogers, Grant Fresh Fruit and Veggie Bar Pizza de Queso o Salchicha

12 ★	13	14 Valentine's Day	15	16 ★
Veggie Chili w/ Tortilla Chips & Cheese Fresh Fruit and Veggie Bar Chili Vegetariano	All-Beef Hotdog Vegetarian Beans Fresh Fruit and Veggie Bar  Perro Caliente de Bes	Heart Shaped Chicken Nuggets Tator Tots Holiday Cookie Fresh Fruit and Veggie Bar Piezas de Pollo	Teriyaki Chicken Brown Rice Fresh Fruit and Veggie Bar  Teriyaki de Carne de Pollo	Pizza Friday! Big Daddy Cheese & Pepperoni Pizza Domino's Pizza at: Franklin, McKinley, Roosevelt Fresh Fruit and Veggie Bar Pizza Bagel de Queso

19	20	21	22	23
No School Washington's Birthday Holiday!	Brunch For Lunch Waffle Sticks Canadian Turkey Bacon 100% Juice Fresh Fruit and Veggie Bar Palitos de Waffle	Build Your Own Taco Vegetarian Refried Beans Churro Fresh Fruit and Veggie Bar Haga Su Propio Taco	Spicy Chicken Sandwich Goldfish Crackers Fresh Fruit and Veggie Bar Piezas de Pollo	Pizza Friday! Tony's Thin Crust Cheese or Pepperoni Pizza Papa John's at: Muir, Domino's at Cabrillo, Pt. Dume, and Webster Fresh Fruit and Veggie Bar Pizza de Queso o Salchicha

26 ★	27	28
Pasta w/Marinara Sauce Garlic Cheese Toast Fresh Fruit and Veggie Bar  Pasta con Salsa Marinara	Orange Chicken Brown Rice Fresh Fruit and Veggie Bar  Pasta con Salsa de Carne de Pavo	Build Your Own Burger Baked Potato Wedges Fresh Fruit and Veggie Bar Haga su Propio Hamburguesa



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 cup of fruit OR vegetable







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.



Produce Tips: Strawberries

- Strawberries are the first fruit to ripen each spring! You don't have to wait long to enjoy them.
- Over 75% of strawberries grown in the US are grown in California.
- When enjoying strawberries, don't rinse them until ready to eat- rinsing too early speeds up the spoiling process.
- Strawberries are a juicy and sweet fruit. One serving (1/2 cup) is a great idea for a healthier sweet treat or dessert swap.
- Strawberries can be enjoyed by themselves, in a smoothie, as a yogurt or cereal topping, and on salads (spinach base is best!)

 Cycle Date	2-Week Cycle Elementary Breakfast Menu				
	 Menu is Subject to Change without notice				
Cycle 1 Feb. 1-2 Feb. 12-16 Feb. 26-28	Coffee Cake Or Cereal w/ Graham Crackers	Biscuit w/Sausage Or Cereal w/ String Cheese	Scramble Egg w/ Tots Or Cereal w/ Graham Crackers	Assorted Muffin w/ Yogurt Or Cereal w/ String Cheese	Zucchini Bread Or Cereal w/ Graham Crackers
Cycle 2 Feb. 5-9 Feb. 19-23	Ham & Cheese Egg Biscuit 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	Build Your Own Yogurt Parfait Or Cereal w/ String Cheese
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