

SMMUSD-Elementary Lunch Menu

Prepay online at www.myschoolbucks.com

Menu is subject to change

May 2018



	1	2	3	4
	<p>Baked Corn Dog Baked Potato Wedges Fresh Fruit and Veggie Bar</p>  <p>Perro Caliente Empanizado</p>	<p>Brunch For Lunch French Toast Sticks Beef Sausage Patty Tater Tots, 100% Juice Fresh Fruit and Veggie Bar Peach Compote</p> <p>Palitos de Pan Toastado Frances</p>	<p>Teriyaki Chicken Vegetable Fried Rice Steamed Broccoli Fresh Fruit and Veggie Bar</p>  <p>Piezas de Pollo Con Salsa Teriyaki</p>	<p>Pizza Friday! Domino's Pizza at: Edison, Grant, Cabrillo, Pt. Dume, Webster Papa John's Pizza at: Franklin, McKinley, Roosevelt, Muir Fresh Fruit and Veggie Bar</p>
7	8	9	10	11
<p>Bosco Cheese Sticks w/ Marinara Sauce Italian Vegetable Medley Fresh Fruit and Veggie Bar</p> <p>Palitos de Queso con Salsa Marinara</p>	<p>BUILD YOUR OWN BURGER Baked Potato Wedges Fresh Fruit and Veggie Bar</p>  <p>Haga su Propio Hamburguesa</p>	<p>Pasta Bar Vegetable Medley Chicken Cesar Salad Fresh Fruit and Veggie Bar</p>  <p>Barra de Pasta</p>	<p>Crispy Chicken Sandwich w/Sweet Potato Fries Fresh Fruit and Veggie Bar Or Chef Salad</p> <p>Sandwich de Pollo</p>	<p>Pizza Friday! Domino's Pizza at: Franklin, McKinley, Roosevelt, Muir, Cabrillo, Pt. Dume, and Webster Papa John's Pizza at: Edison, Rogers and Grant Fresh Fruit and Veggie Bar</p>
14	15	16	17	18
<p>Baked Chicken w/ Baked Potato & Cheese Fresh Fruit and Veggie Bar</p> <p>Pollo Horneado con Papa Horneado</p>	<p>Brunch For Lunch Waffle Sticks Canadian Turkey Bacon Tater Tots, 100% Juice Fresh Fruit and Veggie Bar</p> <p>Palitos de Waffle</p>	<p>Orange Chicken Brown Rice Steamed Broccoli Fresh Fruit and Veggie Bar</p>  <p>Piezas de Pollo a Savor de Naranja</p>	<p>Hot Dogs and Hamburgers w/Baked Beans Fresh Fruit and Veggie Bar Or Broccoli Slaw</p> <p>Perro Caliente y Hamburguesa de Res</p>	<p>Pizza Friday! Domino's Pizza at: Edison, Grant, Cabrillo, Pt. Dume, Webster Papa John's Pizza at: Franklin, McKinley, Roosevelt, Muir Fresh Fruit and Veggie Bar</p>
21	22	23	24	25
<p>Lemon Garlic Chicken Mashed Potatoes w/Gravy Corn, Dinner Roll Fresh Fruit and Veggie Bar</p> <p>Pollo Horneado con Limon y Ajo</p>	<p>Oven Baked Chicken Nuggets w/Broccoli & Assorted Fruit Fresh Fruit and Veggie Bar</p>  <p>Asian Sesame Salad Piezas de Pollo</p>	<p>Bean & Cheese Burrito Corn Fresh Fruit and Veggie Bar Or Turkey Sandwich Cesar Salad Burrito de Frijoles y Queso</p>	<p>Chicken Parmesan w/Italian Vegetable Blend Garlic Bread Yogurt Parfait</p> <p>Pollo Parmesan</p>	<p>Pizza Friday! Domino's Pizza at: Franklin, McKinley, Roosevelt, Muir, Cabrillo, Pt. Dume, and Webster Papa John's Pizza at: Edison, Rogers, Grant Fresh Fruit and Veggie Bar</p>
28	29	30	31	
<p>Schools Closed Memorial Day!!!</p>	<p>Orange Chicken Veggie Lomein Steamed Broccoli Fresh Fruit and Veggie Bar Or Turkey Sandwich</p> <p>Piezas de Pollo a Savor de Naranja</p>	<p>Crispy Beef Taco w/Roasted Mexican Corn Fresh Fruit and Veggie Bar Or Southwest Chicken Salad</p> <p>Taco de Res</p>	<p>Brunch For Lunch French Toast Sticks Beef Sausage Patty Tater Tots 100% Juice Fresh Fruit and Veggie Bar</p>  <p>Palitos de Pan Toastado Frances</p>	<p>Varieties of Milk offered daily: 1% white- (breakfast & lunch) Nonfat White (breakfast & lunch) Non-fat chocolate-(lunch only)</p>

Vegetarian Options:
Monday-Grilled Cheese
Tuesday-Hummus Box
Wednesday-Protein Box w/Bagel
Thursday- Bean Taco
Friday- Power Pack
1/2 cup serving of fruits/vegetables will be served with breakfast & lunch
**Specialty Salad offered Every Wednesday*
**Deli Sandwiches offered Daily*
**Yogurt Parfait*

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 Fun Facts and Serving Ideas:

- Cucumbers are a good source of Vitamin K. Cucumbers are about 96% water.
- Serve sliced cucumbers with low fat yogurt dip for a healthy snack.
- Eat a cool, crisp cucumber for a thirst quenching snack.

PRODUCE TIPS

- There are many different types of cucumbers such as apple, lemon, Japanese, Persian or English cucumbers.
- Choose firm cucumbers with smooth skins. Avoid cucumbers that have shriveled ends or blemishes
- Store cucumbers in a cool, dry place for up to one week, or keep in refrigerator.

 Cycle Date	2-Week Cycle Elementary Breakfast Menu				
	 Menu is Subject to Change without notice				
Cycle 1 May 7-11 May 21-25	Coffee Cake Or Cereal w/ Graham Crackers	Biscuit w/Sausage Or Cereal w/ String Cheese	Homemade Breakfast Burrito Or Cereal w/ Graham Crackers	Assorted Muffin w/ Yogurt Or Cereal w/ String Cheese	Zucchini Bread Or Cereal w/ Graham Crackers
Cycle 2 May 1-4 May 14-18 May 29-June 1	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