

SMMUSD-Elementary Lunch Menu

January 2018

*Menu Subject to change



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

1	2	3	4	5
No School				
8	9	10	11	12
Bosco Cheese Sticks w/ Marinara Sauce Fresh Fruit and Veggie Bar  Palitos de Queso con Salsa Marinara	Teriyaki Chicken Sliders Oven Baked Tater Tots Fresh Fruit and Veggie Bar  Sandwich de Pollo en Salsa de Teriyaki	Brunch For Lunch French Toast Sticks Turkey Sausage 100% Fruit Juice Fresh Fruit and Veggie Bar Palitos de Pan Frances Tostado	Popcorn Chicken Sweet Corn Aloha Roll Fresh Fruit and Veggie Bar Piezas de Pollo	Pizza Friday! Tony's Thin Crust Pizza Fresh Fruit and Veggie Bar Domino's Pizza at: Edison, Rogers, Grant Pizza de Queso de Corteza Delgada
15	16	17	18	19
No School  Martin Luther King Jr. Holiday	Build Your Own Taco Vegetarian Refried Beans Churro Fresh Fruit and Veggie Bar Haga Su Propio Taco	Oven Baked Chicken Nuggets Mashed Potatoes Fresh Fruit and Veggie Bar  Piezas de Pollo	Build Your Own Turkey Sandwich Lay's Baked Potato Chips Fresh Fruit and Veggie Bar Haga su Propio Sandwich	Pizza Friday! Big Daddy Cheese Pizza Fresh Fruit and Veggie Bar Papa John's Pizza at: Franklin, McKinley, Roosevelt Pizza de Queso de Big Dady
22	23	24	25	26
Home-Style Macaroni and Cheese Seasoned Green Beans Fresh Fruit and Veggie Bar Macaron con Queso	Teriyaki Chicken Steamed Brown Rice Carrots Fresh Fruit and Veggie Bar Piezas de Pollo Con Salsa Teriyaki	Brunch For Lunch Waffle Sticks Turkey Sausage Patty Fresh Fruit and Veggie Bar Palitos de Waffle	Chicken Tenders Oven Roasted Potatoes Fresh Fruit and Veggie Bar  Piezas de Pollo	Pizza Friday! Cheese Bagel Pizza Fresh Fruit and Veggie Bar Domino's Pizza at: Muir, Cabrillo, Pt. Dume, and Webster Pizza de Queso en Bagel
29	30	31		
Pasta w/Marinara Sauce Garlic Cheese Toast Fresh Fruit and Veggie Bar  Pasta con Salsa Marinara	Chicken Fajita Taco Flour Tortilla Pinto Beans Sidekick Juice Cup Fresh Fruit and Veggie Bar Taco de Fajitas de Pollo	Teriyaki Beef Dippers Brown Rice Fresh Fruit and Veggie Bar  Teriyaki de Carne de Res		

= Meatless Meal

Vegetarian Options:

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

1/2 cup serving of fruits/vegetables will be served with breakfast & lunch

2018

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.



Produce Tips: Jicama

- Jicama is rounded root vegetable that looks like a potato but has a flavor similar to water chestnut.
- The vegetable is a favorite in Hispanic and Caribbean cooking and is sometimes called the Mexican potato.
- The heavier the root is the higher its water content and therefore its ripeness. The skin should easily peel off with a knife.
- Its crunchy and satisfying texture yet low calorie content make it a healthy substitute for potato chips.
- Jicama is a favorite of students at SMMUSD, especially when sprinkled with chili and lime. It can also be enjoyed when chopped over salads or sliced into a big strip to use as a low-carb tortilla substitute.

2-Week Cycle Elementary Breakfast Menu					
 Cycle Date	 Menu is Subject to Change without notice				
Cycle 1 Jan. 8-12 Jan. 22-26	Coffee Cake 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	Zucchini Bread Or Cereal w/ Graham Crackers
Cycle 2 Jan. 15-19 Jan. 29-31	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	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