

SMMUSD-Elementary Lunch Menu

October 2017



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

*Menu Subject to change

New Item

=Meatless Meal

2	3	4	5	6
Grilled Cheese Sandwich Fresh Baby Carrots w/Low Fat Ranch Dressing Sliced Apples Sandwich de Queso a la Parrilla	Mini Chicken Sliders Baked Sweet Potato Fries Fresh Pear Hamburguesas Pequeñas de Pollo	Baked Chicken Brown Rice Pilaf Steamed Broccoli Kiwi Pollo Horneado	Taco Salad w/Turkey Meat Tasty Refried Beans Tortilla Chips Jicama Ensalada de Taco con Carne de Pavo	Pizza Friday! Big Daddy Cheese Pizza Fresh Green Salad w/Cherry Tomatoes Frozen Fruit Cup Pizza de Queso de Big Daddy
9	10	11	12	13
Señor Felix Bean & Cheese Burrito Fiesta Corn Whole Apple Burrito de Frijoles y Queso	Cheeseburger on Whole Grain Bun Baked Potato Wedges Banana Hamburguesa con Queso	Brunch For Lunch French Toast Sticks Turkey Sausage Patty Tater Tots 100% Juice Palitos de Waffle	Turkey Enchilada Spanish Rice Fresh Pear Enchilada de Pavo	Pizza Friday! Tony's Thin Crust Cheese Pizza Fresh Green Salad w/Cherry Tomatoes, Pineapple Tidbits Pizza de Queso de Corteza Delgada
16	17	18	19	20
Home Style Macaroni & Cheese Yummy Green Beans Aloha Roll Grapes acaron y Queso	Turkey Ciabatta Sandwich Red Cabbage Slaw Kiwi Sandwich de Pavo en Pan de Ciabatta	Orange Chicken Steamed Brown Rice Steamed Broccoli Kiwi Pear Piezas de Pollo a Savor de Naranja	Chicken Taquitos Black Bean & Corn Salad Whole Apple Taquitos de Pollo	Pizza Friday! Big Daddy Cheese Pizza Fresh Green Salad w/ Cherry Tomatoes Frozen Fruit Cup Pizza de Queso de Big Daddy
23	24	25	26	27
Cheese Enchilada Mexi-Cali Corn Fresh Pear Enchilada de Queso	Baked Chicken Tenders Steamed Cauliflower & Carrots Orange Smiles Piezas de Pollo	Four Cheese Lasagna Rollup Pea & Carrot Melody Apricots Lasagna de Cuatro Tipos de Queso	Chicken Fajita Taco Flour Tortilla Pinto Beans Apple Slices Taco de Fajitas de Pollo	Pizza Friday! Tony's Thin Crust Cheese Pizza Fresh Green Salad w/Cherry Tomatoes, Pineapple Tidbits Pizza de Queso de Corteza Delgada
30	31			
Bosco Cheese Sticks W/Marinara Sliced Apples Palitos de Queso con Salsa Marinara	Spooky Chicken Nuggets Baked Cross Trax Fries Halloween Cookie Fresh Grapes Sandwich de Pollo Empanizado			

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, sauté, in casseroles, boiled, steamed or eat as is. Try steaming your broccoli for more nutrition.
- 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, foliate 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 their true season is fall to early spring.



 Cycle Date	2-Week Cycle Elementary Breakfast Menu				
					
Cycle 1 Oct 2-6 Oct. 16-20 Oct. 30-31	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 Oct. 9-13 Oct. 23-27	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