

SMMUSD-Elementary Lunch Menu

Prepay online at www.myschoolbucks.com

New Item

September 2017

*Menu Subject to Change

★ = Meatless Meal

 <p>Varieties of Milk offered daily: 1% white- (breakfast & lunch) Nonfat White (breakfast & lunch) Non-fat chocolate-(lunch only)</p>		 <p>SEPTEMBER</p>		<p>1 ★ Pizza Friday! Tony's Thin Crust Cheese Pizza Fresh Romaine Salad cup w/Cherry Tomatoes Sliced Green Apples Pizza de queso de Corteza Delgada</p>
4	5	6	7	8
<p>Labor Day Holiday No School</p> 	<p>Turkey Sub Sandwich Baked Lays Chips Grapes</p>  <p>Sandwich de Carne de Pavo</p>	<p>Pasta w/ Meat Sauce Steamed Broccoli Aloha Roll Kiwi</p>  <p>Pasta con salsa de carne</p>	<p>Chicken Fajita Tostada Boat Pinto Beans Apple Slices</p>  <p>Fajitas de Pollo</p>	<p>★ Pizza Friday! Big Daddy Cheese Pizza Fresh Green Salad w/Cherry Tomatoes, Pineapple Tidbits Pizza de Queso de Big Daddy</p>
11	12	13	14	15
<p>★ Señor Felix Bean & Cheese Burrito Corn Fresh Peach</p>  <p>Burrito de Frijoles y Queso</p>	<p>Mini Twin Cheeseburger Sliders Baked Smiles Fresh Pear</p>  <p>Hamburguesas Pequeñas con Queso</p>	<p>Brunch For Lunch Waffle Sticks Turkey Sausage Patty Baked Tater Tots 100% Juice</p> <p>Palitos de Waffle</p>	<p>Taco Bar W/ Seasoned Turkey Meat Flour Tortilla Spanish Rice Whole Apple</p> <p>Ensalada de Taco con Carne de Pavo</p>	<p>★ Pizza Friday! Tony's Thin Crust Cheese Pizza Fresh Green Salad w/ Cherry Tomatoes Frozen Fruit Cup Pizza de queso de Corteza Delgada</p>
18	19	20	21	22
<p>★ Bosco Cheese Sticks W/Marinara Baby Carrots Sliced Apples</p>  <p>Palitos de Queso con Salsa Marinara</p>	<p>Chicken Nuggets Baked Cross Trax Fries Grapes</p>  <p>Piezas de Pollo</p>	<p>Hearty Cheesy Beef Meatloaf Mash Potatoes Fresh Pear</p> 	<p>LOCAL HOLIDAY SCHOOLS CLOSED</p>	<p>★ Pizza Friday! Big Daddy Cheese Pizza Fresh Green Salad w/Cherry Tomatoes, Pineapple Tidbits Pizza de Queso de Big Daddy</p>
25	26	27	28	29
<p>★ Cheese Enchilada Mexi-Cali Corn Apple Slices</p>  <p>Enchilada de Queso</p>	<p>BBQ Beef Rib Sandwich Tomato, Cucumber & Parsley Salad, Orange Smiles</p>  <p>Sandwich de Barbacoa</p>	<p>Teriyaki Chicken Teriyaki Rice Steamed Broccoli Fresh Grapes</p>  <p>Piezas de Pollo Con Salsa Teriyaki</p>	<p>Chicken Taquitos Tasty Refried Beans Fresh Peach</p>  <p>Taquitos de Pollo</p>	<p>★ Pizza Friday! Tony's Thin Crust Cheese Pizza Fresh Romaine Salad cup w/Cherry Tomatoes Sliced Green Apples Pizza de queso de Corteza Delgada</p>

Vegetarian Options:

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

½ 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 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.









Healthy Serving Ideas- Pears:

- Cut a pear in half and remove the core. Fill the center of each half with all-natural peanut butter or low fat yogurt. Sprinkle with granola and cinnamon for a healthy snack.
- Add sliced pears to spinach salads.
- Enjoy a whole pear for an afternoon snack.
- Talk with your child about fruits and vegetables that are in season. Find a recipe and make it together. For more ideas visit: www.calpear.com.

Produce Tips:

- Choose pears that look colorful and fresh with no bruises or holes.
- Test for ripeness by pressing gently near the stem. If it feels soft, it is ready to eat.
- To ripen a pear, place on countertop, in a bowl, or in a paper bag. If placed near apples, pears will ripen more quickly.
- Store ripe pears in the refrigerator.
- To keep sliced pears from turning brown, dip them into a mixture of one tablespoon 100% apple juice and one cup water.



2-Week Cycle Elementary Breakfast Menu					
 Cycle Date	    				
	Menu is Subject to Change without notice				
Cycle 1 Sept 4-8 Sept 18-22	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 Sept 11-15 Sept 25-29	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