












# SMMUSD-Elementary Lunch Menu

# November 2017

\*Menu Subject to change

**New Item**

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

		1	2	3
		<b>Seasoned Turkey Taco Boat</b> Vegetarian Refried Beans Fresh Fruit and Veggie Bar Sidekick Freeze  Taco con Carne de Pavo	<b>Mini Twin Burgers</b> <b>Polka Dot Tots</b> Fresh Fruit and Veggie Bar  Hamburguesas Pequeñas con Queso	<b>Pizza Friday!</b> <b>Tony's Thin Crust Pizza</b> <b>Cheese or Pepperoni</b> <b>Domino's Pizza at:</b> Edison, Rogers, Grant Fresh Fruit and Veggie Bar Pizza de Queso de Tony's y Domino's
6	7	8	9	10
No School for Elementary Sites Pupil Free Day	<b>Chicken Corn Dog</b> Seasoned Green Beans Fresh Fruit and Veggie Bar   Perro de Pollo Caliente Empanizado	<b>Brunch For Lunch</b> <b>Waffle Sticks</b> Turkey Sausage Patty 100% Juice Fruit and Veggie Bar  Palitos de Waffle	<b>Chicken Tenders</b> Oven Roasted Potatoes Fresh Fruit and Veggie Bar   Piezas de Pollo	No School in honor of Veteran's Day!
13	14	15	16	17
 <b>Bean &amp; Cheese Burrito</b> Mexican Rice Fresh Fruit and Veggie Bar  Burrito de Frijoles y Queso	<b>Crispy Chicken Sandwich</b> Baby Baker Potatoes Fresh Fruit and Veggie Bar  Sandwich de Pollo Crujiente	<b>Teriyaki Beef Dippers</b> Brown Rice Fresh Fruit and Veggie Bar   Carne de res con salsa teriyaki	<b>Build Your Own Sandwich</b> Lays Potato Chips Fresh Fruit and Veggie Bar  Haga su propio Sandwich	<b>Pizza Friday!</b> <b>Bagel Cheese Pizza</b> <b>Cheese or Pepperoni</b> <b>Domino's Pizza at:</b> Franklin, McKinley, Roosevelt Fresh Fruit and Veggie Bar Pizza de Queso de Tony's y Domino's
20	21	22	23	24
 <b>Spaghetti with Marinara</b> <b>Sauce</b> <b>Garlic Cheese Toast</b> Fresh Fruit and Veggie Bar  Pasta con salsa marinara	<b>Oven Roasted Chicken</b> Seasoned Pinto Beans Whole Grain Tortillas Fresh Fruit and Veggie Bar   Pollo Horneado	<b>Build Your Own Hamburger</b> Oven Baked Potato Wedges Fresh Fruit and Veggie Bar  Haga su propio Hamburguesa	No School Happy Thanksgiving!	No School Holiday
27	28	29	30	1 (December)
 <b>Four Cheese Lasagna</b> Garlic Breadstick Fresh Fruit and Veggie Bar   Lasana de Queso	<b>Brunch For Lunch</b> <b>Waffle Sticks</b> Turkey Sausage Patty 100% Juice Fruit and Veggie Bar  Palitos de Waffle	<b>Hearty Cheesy Beef Meatloaf</b> Mashed Potatoes Whole Grain Dinner Roll Fresh Fruit and Veggie Bar  	<b>Popcorn Chicken</b> Sweet Corn Aloha Dinner Roll Fresh Fruit and Veggie Bar  Palomitos de Pollo	<b>Pizza Friday!</b> <b>Tony's Thin Crust Pizza</b> <b>Cheese or Pepperoni</b> <b>Domino's Pizza at:</b> Muir, Cabrillo, Pt. Dume, Webster Fresh Fruit and Veggie Bar Pizza de Queso de Tony's y Domino's

 =Meatless Meal

## 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 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.










### Persimmons

**Produce Tips:**

- Hachiya persimmons are rounded, slightly elongated and acorn-shaped, coming to a blunted point at their non-stem end.
- When fully ripe the fruits are a beautiful deep orange.
- Another indicator of ripeness is that the fruit should feel like a water balloon when resting in your hand.
- The flesh is even deeper orange in color and more striking than the skin.
- When ripe the flesh is jellied in texture.
- The flavor is candy sweet and great for use as a baking spice or sugar.



 Cycle Date	2-Week Cycle Elementary Breakfast Menu 				
	 Menu is Subject to Change without notice				
<b>Cycle 1</b> Nov. 6-10 Nov. 20-22	French Toast Sticks Or Cereal w/ Graham Crackers	Biscuit w/Sausage Or Cereal w/ String Cheese	Breakfast Pizza Or Cereal w/ Graham Crackers	Belgian Waffle Or Cereal w/ String Cheese	Yogurt with Whole Grain Muffin Or Cereal w/ Graham Crackers
<b>Cycle 2</b> Nov. 1-3 Nov. 13-17 Nov. 27-30	Breakfast Pizza 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	Coffee Cake 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](http://www.myschoolbucks.com)**

**Opt out of Nonfat Chocolate Milk via email at [fns@smmusd.org](mailto: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**