

# SMMUSD-Elementary Lunch Menu

Prepay online at [www.myschoolbucks.com](http://www.myschoolbucks.com)

# August 2018

First Day of School

Thurs. Aug. 23rd

\* Menu Subject to Change



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

23	24
<b>Chicken Strips</b> Baked Potato Wedges Fresh Fruit and Veggie Bar  Piezas de Pollo Empanizado	<b>Pizza Friday!</b> <b>Papa John's Pizza</b> Santa Monica Elementary Sites <b>Domino's Pizza</b> Cabrillo, Webster, Pt. Dume Tossed Green Salad Fresh Fruit and Veggie Bar  Pizza de Queso o Salchicha

27	28	29	30	31
<b>Bosco Cheese Sticks</b> w/Marinara Sauce Fresh Fruit and Veggie Bar   Deli Sandwich  Palitos de Queso con Salsa Marinara	<b>Taco Tuesday!</b> <b>Beef Taco</b> Mexican Rice Refried Beans Fresh Fruit and Veggie Bar   Deli Sandwich Yogurt Parfait Taco de Res	<b>Crispy Chicken Sandwich</b> <b>or Grilled Chicken Sandwich</b> Sweet Potato Fries Fresh Fruit and Veggie Bar  Southwest Chicken Salad  Yogurt Parfait  Sandwich de Pollo Empanizado	<b>Rotini Pasta w/Meat Sauce</b> Garlic Bread Fresh Fruit and Veggie Bar   Chicken Cesar Salad  Yogurt Parfait  Pasta con Salsa con Carne	<b>Pizza Friday!</b> <b>Papa John's Pizza</b> Santa Monica Elementary Sites <b>Domino's Pizza</b> Cabrillo, Webster, Pt. Dume Tossed Green Salad Fresh Fruit and Veggie Bar   Pizza de Queso o Salchicha

Menus & Food & Nutrition Info can be found on our website at [www.smmusd.org/foodservice](http://www.smmusd.org/foodservice)      Suggestions or questions, email: [fns@smmusd.org](mailto:fns@smmusd.org)      This Institution is an Equal Opportunity Provider


**2017/18 Meal Applications expire the evening of Friday, September 28, 2018.**

**Please complete and submit a 2018/19 Meal Application by Sept. 1, 2018.**

Per Board Policy, credit is not available in the Middle Schools (grades 6-8). If there is a negative balance when entering middle school the full price student will not be able to purchase a lunch until the negative balance is paid. All school sites will have applications available in August. Please complete and return the 2018/19 application by September 1, 2018 or sooner. It can take up to 10 operating days to process an application.

2018/19 Meal Applications are available on line at [www.smmusd.org/foodservices](http://www.smmusd.org/foodservices), at the District Office or at your child's school site.

<p><b>Vegetarian Options:</b>  <b>Monday</b>-Grilled Cheese  <b>Tuesday</b>-Hummus Box  <b>Wednesday</b>-Protein Box w/Bagel  <b>Thursday</b>- Bean Taco  <b>Friday</b>- Power Pack  <i>½ cup serving of fruits/vegetables will be served with breakfast &amp; lunch</i></p> <p><i>*Specialty Salad offered Every Wednesday</i></p> <p><i>*Deli Sandwiches offered Daily</i></p> <p><i>*Yogurt Parfait</i></p>
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<p><b>MEAL PRICES</b></p> <p><b>Elementary Full Price Breakfast-\$1.50</b>  <b>Secondary Full Price Breakfast-\$1.75</b>  <b>Reduced Breakfast-\$0.30</b></p> <p><b>Elementary Full Price Lunch-\$3.50</b>  <b>Secondary Full Price Lunch-\$4.00</b>  <b>Reduced Lunch-\$0.40</b></p> <p><b>Adult Prices: Breakfast-\$2.25</b>  <b>Lunch-\$4.25</b></p> 
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## 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.









**PEACHES**— August is National Peach Month

**Healthy Fun Facts and Serving Ideas:**

- The peach contains vitamins A, C, B1, B2, B6, and minerals such as potassium, phosphorus, magnesium, calcium, sulfur, chlorine, manganese, copper and iron
- There are over 200 varieties of peaches.
- You can ripen peaches by placing them in a brown paper bag for two to three days. Sliced, fresh peaches should be tossed in lemon or lime juice to prevent browning.

For more ideas visit: [www.cachampionsforchange.net](http://www.cachampionsforchange.net)



 Cycle Date	2-Week Cycle Elementary Breakfast Menu				
	 Menu is Subject to Change without notice				
<b>Cycle 1</b> Aug. 23-24	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
<b>Cycle 2</b> Aug. 27-31	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
<b>Offered with Every Breakfast:</b> Fruit: Assorted 4oz juice, fresh, or canned - Milk offered Daily: 1% and nonfat white					

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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