

SMMUSD Elementary Lunch Menu

*Menu Subject to change

Prepay online at www.myschoolbucks.com

<p><u>Monday Oct. 1</u> Bosco Cheese Sticks W/Marinara</p>  <p>Assorted Deli Sandwiches</p> <p>Palitos de Queso con Salsa Marinara</p>	<p><u>Tuesday-Oct. 2</u> Baked Corn Dog Baked Potato Smiles</p>  <p>Assorted Deli Sandwiches</p> <p>Vegetarian Option: Hummus Panini Box</p> <p>Perro Caliente Empanizado</p>	<p><u>Wednesday-Oct. 3</u> Orange Chicken Vegetable Fried Rice, Steamed Broccoli Or Asian Sesame Salad</p> <p>Assorted Deli Sandwiches</p> <p>Vegetarian Option: Protein Box w/Bagel</p> <p>Piezas de Pollo a Savor de Naranja</p>	<p><u>Thursday-Oct. 4</u> BUILD YOUR OWN BURGER Baked Potato Wedges</p>  <p>Assorted Deli Sandwiches</p> <p>Vegetarian Option: Homemade burrito</p> <p>Haga su Propio Hamburguesa</p>	<p><u>Friday-Oct. 5</u> PIZZA FRIDAY! Cheese or Pepperoni Pizza Garden Salad</p> <p>Assorted Deli Sandwiches</p>  <p>Pizza de Queso o Salchicha</p>
<p><u>Monday-Oct. 8</u> Crispy Chicken Sandwich w/Sweet Potato Fries</p>  <p>Assorted Deli Sandwiches</p> <p>Sandwich de Pollo</p>	<p><u>Tuesday-Oct. 9</u> Bean & Cheese Burrito Corn Or Turkey Sandwich</p>  <p>Vegetarian Option: Hummus Panini Box</p> <p>Burrito de Frijoles y Queso</p>	<p><u>Wednesday-Oct. 10</u> Brunch For Lunch French Toast, Canadian Bacon Tater Tots, 100% Juice Or Popin' Chicken Salad</p> <p>Vegetarian Option: Protein Box w/Bagel</p> <p>Palitos de Pan Frances</p>	<p><u>Thursday-Oct. 11</u> Lemon Garlic Roasted Chicken Mashed Potatoes w/Gravy Corn, Dinner Roll</p> <p>Assorted Deli Sandwiches</p> <p>Vegetarian Option: Homemade burrito</p> <p>Pollo Horneado con Limon y Ajo</p>	<p><u>Friday-Oct. 12</u> PIZZA FRIDAY! Cheese or Pepperoni Pizza Green Salad</p> <p>Assorted Deli Sandwiches</p> <p>Pizza de Queso o Salchicha</p>
<p><u>Monday-Oct. 15</u> Cheese Calzone Yummy Green Beans, Aloha Roll Grapes</p> <p>Assorted Deli Sandwiches</p> <p>Calzone de Queso</p>	<p><u>Tuesday-Oct. 16</u> Oven Baked Chicken Nuggets w/Broccoli & Assorted Fruit</p> <p>Assorted Deli Sandwiches</p> <p>Vegetarian Option: Hummus Panini Box</p> <p>Piezas de Pollo</p>	<p><u>Wednesday-Oct. 17</u> Rotini Pasta w/Meat Sauce Vegetable Medley or Chicken Cesar Salad</p> <p>Assorted Deli Sandwiches</p> <p>Vegetarian Option: Protein Box w/Bagel</p> <p>Pasta con Salsa con Carne</p>	<p><u>Thursday-Oct. 18</u> Hot Dogs and Hamburgers w/Baked Beans or Broccoli Slaw</p> <p>Assorted Deli Sandwiches</p> <p>Vegetarian Option: Homemade burrito</p> <p>Perro Caliente y Hamburguesa de Res</p>	<p><u>Friday-Oct. 19</u> PIZZA FRIDAY! Cheese or Pepperoni Pizza Tossed Salad</p> <p>Assorted Deli Sandwiches</p> <p>Pizza de Queso o Salchicha</p>
<p><u>Monday-Oct. 22</u> Cheese Enchilada Mexi-Cali Corn</p>  <p>Assorted Deli Sandwiches</p> <p>Enchilada de Queso</p>	<p><u>Tuesday-Oct. 23</u> Baked Chicken Tenders Steamed Cauliflower & Carrots</p>  <p>Assorted Deli Sandwiches</p> <p>Vegetarian Option: Hummus Panini Box</p> <p>Piezas de Pollo</p>	<p><u>Wednesday-Oct. 24</u> Brunch For Lunch Waffle Sticks, Beef Sausage Patty, Baked Tater Tots, 100% Juice Or Chef Salad</p> <p>Assorted Deli Sandwiches</p> <p>Vegetarian Option: Protein Box w/Bagel</p> <p>Palitos de Waffle</p>	<p><u>Thursday-Oct. 25</u> Orange Chicken Brown Rice, Steamed Broccoli</p>  <p>Assorted Deli Sandwiches</p> <p>Vegetarian Option: Homemade burrito</p> <p>Piezas de Pollo a Savor de Naranja</p>	<p><u>Friday-Oct. 26</u> PIZZA FRIDAY! Cheese or Pepperoni Pizza Garden Salad</p>  <p>Assorted Deli Sandwiches</p> <p>Pizza de Queso o Salchicha</p>
<p><u>Monday-Oct. 29</u> Bosco Cheese Sticks W/Marinara</p>  <p>Assorted Deli Sandwiches</p> <p>Palitos de Queso con Salsa Marinara</p>	<p><u>Tuesday-Oct. 30</u> Beef Taco w/Roasted Mexican Corn</p> <p>Assorted Deli Sandwiches</p> <p>Vegetarian Option: Hummus Panini Box</p> <p>Taco de Res</p>	<p><u>Wednesday-Oct. 31</u> Roast Chicken Baked Cross Trax Fries Or Southwest Chicken Salad</p> <p>Assorted Deli Sandwiches</p> <p>Vegetarian Option: Protein Box w/Bagel</p> <p>Pollo Horneado</p>	<p>Yogurt Parfaits are Offered Daily</p>  <p>Daily Milk Options: 1% white-(Breakfast & Lunch) Nonfat White (Breakfast & Lunch) Non-fat chocolate-(lunch only)</p> 	

Menus & Food & Nutrition Info can be found on our website at www.smmusd.org/foodservices

Suggestions or questions, email: fn@smmusd.org

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Do you know that your kids can go to the fruit and salad bar every day?

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				
	 Menu is Subject to Change without notice				
Cycle 1 Oct 1-5 Oct. 15-19 Oct. 29-Nov. 2	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	Banana Bread Or Cereal w/ Graham Crackers
Cycle 2 Oct. 8-12 Oct. 22-26	Blueberry Muffin Or Cereal w/String Cheese	Belgian Waffle Or Cereal w/Graham Crackers	Breakfast Pizza Bagel 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

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

Opt out of Nonfat Chocolate Milk via email at fns@smmusd.org

MEAL PRICES

Elementary Full Price Breakfast-\$1.50
 Secondary Full Price Breakfast-\$1.75
 Reduced Breakfast-\$0.30

Elementary Full Price Lunch-\$3.50
 Secondary Full Price Lunch-\$4.00
 Reduced Lunch-\$0.40

Adult Prices: Breakfast-\$2.25
 Lunch-\$4.25