

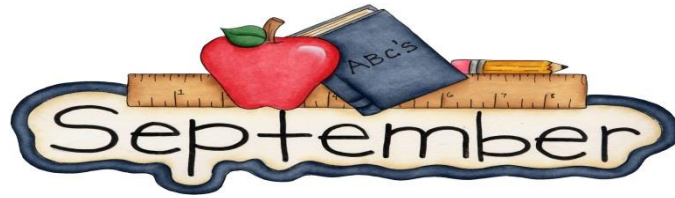
# SMMUSD-Elementary Lunch Menu

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

\*Menu Subject to Change



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



2018

3	4	5	6	7
<b>Labor Day Holiday No School</b>  	<b>Baked Chicken Tenders</b> Baked Potato Wedges Fresh Fruit and Veggie Bar    Piezas deo Pollo Empanizados	<b>Brunch For Lunch</b> <b>French Toast Sticks</b> Beef Sausage Patty Baked Tater Tots, 100% Juice Fresh Fruit & Veggie Bar  Palitos de Pan Frances	<b>Chicken Teriyaki Bowl</b> Steamed Brown Rice Fresh Fruit & Veggie Bar    Pollo con Salsa Teriyake	<b>PIZZA FRIDAY!</b> Cheese or Pepperoni Pizza Garden Salad Fresh Fruit & Veggie Bar    Pizza de Queso o Salchicha
10	11	12	13	14
<b>Local Holiday No School</b>	<b>BUILD YOUR OWN BURGER</b> On Whole Grain Bun Baked Potato Wedges Fresh Fruit and Veggie Bar    Haga su Propio Hamburguesa	<b>Pasta w/ Meat Sauce</b> Steamed Broccoli Garlic Bread Fresh Fruit & Veggie Bar    Pasta con salsa de carne	<b>Crispy Chicken Sandwich</b> w/Sweet Potato Fries Fresh Fruit and Veggie Bar   OR Poppin' Chicken Salad Sandwich de Pollo	<b>PIZZA FRIDAY!</b> Cheese or Pepperoni Pizza Green Salad Fresh Fruit & Veggie Bar    Pizza de Queso o Salchicha
17	18	19	20	21
<b>Bosco Cheese Sticks W/Marinara</b> Baby Carrots Fresh Fruit & Veggie Bar    Palitos de Queso con Salsa Marinara	<b>Beef Taco</b> Hard or Soft Spanish Rice & Corn Fresh Fruit & Veggie Bar    Taco de Res	<b>Local Holiday No School</b>	<b>Chicken Nuggets</b> Baked Goldfish Crackers Cut Green Beans Fresh Fruit & Veggie Bar    Piezas de Pollo	<b>PIZZA FRIDAY!</b> Cheese or Pepperoni Pizza Tossed Salad Fresh Fruit & Veggie Bar    Pizza de Queso o Salchicha
24	25	26	27	28
<b>Hot Ham &amp; Cheese on a Bagel</b> Yummy Green Beans Fresh Fruit and Veggie Bar Or Tuna Salad Sandwich  Sandwich de Jamon y Queso en Bagel	<b>Brunch For Lunch</b> <b>Waffle Sticks</b> Beef Sausage Patty Baked Tater Tots 100% Juice Fresh Fruit & Veggie Bar  Palitos de Waffle	<b>Orange Chicken</b> Steamed Brown Rice Steamed Broccoli Fresh Fruit & Veggie Bar    Piezas de Pollo a Savor de Naranja	<b>Hot Dogs and Hamburgers</b> On Whole Grain Bun w/Baked Fries Fresh Fruit and Veggie Bar   OR Broccoli Slaw Perro Caliente y Hamburguesa de Res	<b>PIZZA FRIDAY!</b> Cheese or Pepperoni Pizza Garden Salad Fresh Fruit & Veggie Bar    Pizza de Queso o Salchicha


**Vegetarian Options:**

**Monday**-Home Made Grilled Cheese Sandwich  
**Tuesday**-Hummus Box  
**Wednesday**-Protein Box w/Bagel  
**Thursday**- Home Made Burrito  
**Friday**- Power Pack  
*1/2 cup serving of fruits/vegetables will be served with breakfast & lunch*

*\*Specialty Salads offered weekly*

*\*Deli Sandwiches offered daily*

*\*Yogurt Parfait offered weekly*



**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**

## 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](http://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.



 Cycle Date	2-Week Cycle Elementary Breakfast Menu				
	 Menu is Subject to Change without notice				
<b>Cycle 1</b> Sept 3-7 Sept 17-21	WG Coffee Cake Or Cereal w/ Graham Crackers	WG 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	WG Cinnamon Roll Or Cereal w/ Graham Crackers
<b>Cycle 2</b> Sept 10-14 Sept 24-28	Bagel w/Cream Cheese Or Cereal w/String Cheese	English Muffin w/Egg & Cheese Or Cereal w/Graham Crackers	Breakfast Pizza Bagel Or Cereal w/String Cheese	WG 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

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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