


# SMMUSD October Elementary Lunch

\*Menu Subject to change

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

<p><b>Daily Milk Options:</b> 1% White – Breakfast &amp; Lunch Nonfat White – Breakfast &amp; Lunch Nonfat Chocolate – Lunch Only</p> 	<p><b><u>Tuesday-1</u></b> <b>Baked Breaded Chicken Drumstick Or Turkey Sandwich</b> Mashed Potatoes w/Gravy Corn &amp; Assorted Fruit Or Assorted Deli Sandwiches Vegetarian Option: Hummus Box</p> <p>Pollo Empanizado o Sandwich de Carne de Pavo</p>	<p><b><u>Wednesday-02</u></b> <b>Brunch For Lunch</b> <b>French Toast Sticks,</b> Beef Sausage Patty, Baked Tater Tots, 100% Juice Or Chef Salad Assorted Deli Sandwiches Vegetarian Option: Protein Box w/Bagel</p> <p>Palitos de Pan Frances</p>	<p><b><u>Thursday-3</u></b> <b>Beef Taco</b> Hard or Soft Spanish Rice, Corn &amp; Assorted Fruit Or Assorted Deli Sandwiches Vegetarian Option: Bean &amp; Cheese Burrito</p> <p>Taco de Res</p>	<p><b><u>Friday-4</u></b> <b>PIZZA FRIDAY!</b> Cheese or Pepperoni Pizza Green Salad &amp; Assorted Fruit Or Assorted Deli Sandwiches Vegetarian Option: Power Pack</p> <p>Pizza de Queso o Salchicha</p>
<p><b><u>Monday- 7</u></b> <b>Hamburgers</b> On Whole Grain Bun w/Baked Fries Fresh Fruit and Veggie Bar Or Assorted Deli Sandwiches Vegetarian Option: Grilled Cheese Sandwich</p> <p>Hamburguesa</p>	<p><b><u>Tuesday- 8</u></b> <b>Taco Salad/w Turkey Taco Meat</b> Rice, Corn, &amp; Refried Beans Assorted Fruit Or Assorted Deli Sandwiches Vegetarian Option: Hummus Box</p> <p>Ensalada de Taco con Carne de Pavo</p>	<p><b><u>Wednesday-9</u></b></p> <p><b>No School</b></p>	<p><b><u>Thursday-10</u></b> <b>Crispy Chicken Sandwich</b> Baked Potato Wedges Assorted Fruit Or Assorted Deli Sandwiches Vegetarian Option: Bean &amp; Cheese Burrito</p> <p>Sandwich de Pollo Empanizado</p>	<p><b><u>Friday-11</u></b> <b>PIZZA FRIDAY!</b> Cheese or Pepperoni Pizza Green Salad &amp; Assorted Fruit Or Assorted Deli Sandwiches Vegetarian Option: Power Pack</p> <p>Pizza de Queso o Salchicha</p>
<p><b><u>Monday-14</u></b> <b>All-Beef Hotdog or Beef Rib BBQ Sandwich</b> Vegetarian Beans &amp; Assorted Fruit Or Assorted Deli Sandwiches Vegetarian Option: Grilled Cheese Sandwich</p> <p>Perro Caliente de Res o Sandwich de Costillas de Res</p>	<p><b><u>Tuesday-15</u></b> <b>Bean and Cheese Burrito or Quesadilla</b> Corn, Mexican Rice &amp; Assorted Fruit Or Assorted Deli Sandwiches Vegetarian Option: Hummus Box</p>  <p>Burrito de Frijoles y Queso o Quesadilla</p>	<p><b><u>Wednesday-16</u></b> <b>General Tso Chicken</b> Brown Rice Mixed Veggies &amp; Assorted Fruit Or Chicken Cesar Salad Assorted Deli Sandwiches Vegetarian Option: Protein Box w/Bagel</p> <p>Pollo de General Tso</p>	<p><b><u>Thursday-17</u></b> <b>Chicken Tenders or Meatball Sub</b> Baked Crinkle Fries Zucchini &amp; Assorted Fruit Or Assorted Deli Sandwiches Vegetarian Option: Bean &amp; Cheese Burrito</p>  <p>Piezas de Pollo</p>	<p><b><u>Friday-18</u></b> <b>PIZZA FRIDAY!</b> Cheese or Pepperoni Pizza Tossed Salad &amp; Assorted Fruit Or Assorted Deli Sandwiches Vegetarian Option: Power Pack</p> <p>Pizza de Queso o Salchicha</p>
<p><b><u>Monday-21</u></b> <b>Baked Corn Dog</b> Baked Potato Smiles Peas &amp; Assorted Fruit Or Assorted Deli Sandwiches Vegetarian Option: Grilled Cheese Sandwich</p> <p>Perro Caliente Empanizado</p>	<p><b><u>Tuesday-22</u></b> <b>Pasta w/Meat Sauce</b> Vegetable Medley &amp; Assorted Fruit Or Chicken Cesar Salad Assorted Deli Sandwiches Vegetarian Option: Protein Box w/Bagel</p>  <p>Pasta con Salsa con Carne</p>	<p><b><u>Wednesday-23</u></b> <b>Brunch For Lunch</b> <b>Waffle Sticks</b> Beef Sausage Patty, Baked Tater Tots, 100% Juice Or Assorted Deli Sandwiches Vegetarian Option: Hummus Box</p> <p>Palitos de Waffle</p>	<p><b><u>Thursday-24</u></b> <b>Orange Chicken</b> Brown Rice, Steamed Broccoli &amp; Assorted Fruit Or Assorted Deli Sandwiches Vegetarian Option: Bean &amp; Cheese Burrito</p>  <p>Piezas de Pollo Sabor Naranja</p>	<p><b><u>Friday-25</u></b> <b>PIZZA FRIDAY!</b> Cheese or Pepperoni Pizza Garden Salad &amp; Assorted Fruit Or Assorted Deli Sandwiches Vegetarian Option: Power Pack</p> <p>Pizza de Queso o Salchicha</p>
<p><b><u>Monday-28</u></b> <b>Baked Macaroni Au Gratin,</b> Steamed Broccoli, Assorted Fruit Assorted Deli Sandwiches Vegetarian Option: Grilled Cheese Sandwich</p> <p>Macarrones</p>	<p><b><u>Tuesday-29</u></b> <b>Roasted Chicken</b> Baked Cross Trax Fries, Assorted Fruit Vegetarian Option: Protein Box w/Bagel</p> <p>Pollo Rostizado</p>	<p><b><u>Wednesday-30</u></b> <b>Baked Chicken Strips</b> Baked Potato Smiles Peas Assorted Fruit Chicken Cesar Salad Assorted Deli Sandwiches Vegetarian Option: Hummus Box</p> <p>Pollo al Horno</p>	<p><b><u>Thursday-31</u></b> <b>Meatball Sub</b> Baked Crinkle Fries Zucchini &amp; Assorted Fruit or Assorted Deli Sandwiches Vegetarian Option: Bean &amp; Cheese Burrito</p> <p>Sandwich de Carne Molida</p>	

## 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.









### Healthy Fun Facts and Serving Ideas:

- Cucumbers are a good source of Vitamin K. Cucumbers are about 96% water.
- Serve sliced cucumbers with low fat yogurt dip for a healthy snack.
- Eat a cool, crisp cucumber for a thirst quenching snack.

### Produce Tips:

- There are many different types of cucumbers such as apple, lemon, Japanese, Persian or English cucumbers.
- Choose firm cucumbers with smooth skins. Avoid cucumbers that have shriveled ends or blemishes
- Store cucumbers in a cool, dry place for up to one week, or keep in refrigerator.

 Cycle Date	2-Week Cycle Elementary Breakfast Menu				
	 Menu is Subject to Change without notice				
<b>Cycle 1</b> Week 1 Week 3 Week 5	Coffee Cake Or Cereal w/ Graham Crackers	Croissant w/Sausage & Egg Or Cereal w/ String Cheese	Mini Pancakes Or Cereal w/ Graham Crackers	Assorted Muffin w/ Yogurt Or Cereal w/ String Cheese	Banana Bread Or Cereal w/ Graham Crackers
<b>Cycle 2</b> Week 2 Week 4	Scrambled Eggs w/Hash Browns Or Cereal w/String Cheese	Eggo 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
<b>Offered with Every Breakfast:</b> 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](mailto:fns@smmusd.org)**

### MEAL PRICES

Elementary Full Price Breakfast-\$1.75  
 Secondary Full Price Breakfast-\$2.00  
 Reduced Breakfast-\$0.30

Elementary Full Price Lunch-\$3.75  
 Secondary Full Price Lunch-\$4.25  
 Reduced Lunch-\$0.40

Adult Prices: Breakfast-\$2.50  
 Lunch-\$4.75