





SMMUSD September Elementary Lunch

*Menu Subject to change

Prepay online at www.myschoolbucks.com

<p><u>Monday-2</u></p> <p>No School</p> <p>Labor Day</p>	<p><u>Tuesday-3</u></p> <p>Baked Breaded Chicken Drumstick or Turkey Club Sandwich Mashed Potatoes w/Gravy Corn & Assorted Fruit Or Assorted Deli Sandwiches Vegetarian Option: Hummus Box Pollo Empanizado o Sandwich de Carne de Pavo</p>	<p><u>Wednesday-4</u></p> <p>Roasted Chicken Baked Cross Trax Fries & Assorted Fruit or Southwest Chicken Salad Assorted Deli Sandwiches Vegetarian Option: Protein Box w/Bagel Pollo Horneado</p>	<p><u>Thursday-5</u></p> <p>Beef Taco Hard or Soft Spanish Rice, Corn & Assorted Fruit or Assorted Deli Sandwiches Vegetarian Option: Bean & Cheese Burrito Taco de Res</p>	<p><u>Friday-6</u></p> <p>PIZZA FRIDAY! Cheese or Pepperoni Pizza Green Salad & Assorted Fruit or Assorted Deli Sandwiches Vegetarian Option: Power Pack Pizza de Queso o Salchicha</p>
<p><u>Monday- 9</u></p> <p>Hamburgers On Whole Grain Bun w/Baked Fries Fresh Fruit and Veggie Bar or Assorted Deli Sandwiches Vegetarian Option: Homemade Grilled Cheese Sandwich Perro Caliente y Hamburguesa de Res</p>	<p><u>Tuesday- 10</u></p> <p>Taco Salad/w Turkey Taco Meat Rice, Corn, & Refried Beans Assorted Fruit or Assorted Deli Sandwiches Vegetarian Option: Hummus Box Ensalada de Taco con Carne de Pavo</p>	<p><u>Wednesday-11</u></p> <p>Brunch For Lunch</p> <p>French Toast Sticks, Beef Sausage Patty, Baked Tater Tots, 100% Juice or Chef Salad Assorted Deli Sandwiches Vegetarian Option: Protein Box w/Bagel Palitos de Waffle</p>	<p><u>Thursday-12</u></p> <p>Crispy Chicken Sandwich Baked Potato Wedges Assorted Fruit  or Assorted Deli Sandwiches Vegetarian Option: Bean & Cheese Burrito Sandwich de Pollo Empanizado</p>	<p><u>Friday-13</u></p> <p>PIZZA FRIDAY! Cheese or Pepperoni Pizza Green Salad & Assorted Fruit or Assorted Deli Sandwiches Vegetarian Option: Power Pack Pizza de Queso o Salchicha</p>
<p><u>Monday-16</u></p> <p>All-Beef Holdog or Beef Rib BBQ Sandwich Vegetarian Beans & Assorted Fruit or Assorted Deli Sandwiches Vegetarian Option: Homemade Grilled Cheese Sandwich Perro Caliente de Res o Sandwich de Costillas de Res</p>	<p><u>Tuesday-17</u></p> <p>Bean and Cheese Burrito or Quesadilla Corn, Mexican Rice & Assorted Fruit or  Assorted Deli Sandwiches Vegetarian Option: Hummus Box Burrito de Frijoles y Queso O Quesadilla</p>	<p><u>Wednesday-18</u></p> <p>General Tso Chicken Brown Rice Mixed Veggies & Assorted Fruit or Chicken Cesar Salad Assorted Deli Sandwiches Vegetarian Option: Protein Box w/Bagel Pollo de General Tso</p>	<p><u>Thursday-19</u></p> <p>Chicken Tenders or Meatball Sub Baked Crinkle Fries Zucchini & Assorted Fruit or  Assorted Deli Sandwiches Vegetarian Option: Bean & Cheese Burrito Piezas de Pollo</p>	<p><u>Friday-20</u></p> <p>PIZZA FRIDAY! Cheese or Pepperoni Pizza Tossed Salad & Assorted Fruit Assorted Deli Sandwiches Vegetarian Option: Power Pack Pizza de Queso o Salchicha</p>
<p><u>Monday-23</u></p> <p>Baked Corn Dog Baked Potato Smiles Peas & Assorted Fruit or Assorted Deli Sandwiches Vegetarian Option: Homemade Grilled Cheese Sandwich Perro Caliente Empanizado</p>	<p><u>Tuesday-24</u></p> <p>Pasta w/Meat Sauce Vegetable Medley & Assorted Fruit or  Chicken Cesar Salad Assorted Deli Sandwiches Vegetarian Option: Protein Box w/Bagel Pasta con Salsa con Carne</p>	<p><u>Wednesday-25</u></p> <p>Brunch For Lunch</p> <p>Waffle Sticks Beef Sausage Patty, Baked Tater Tots, 100% Juice or Assorted Deli Sandwiches Vegetarian Option: Hummus Box Palitos de Waffle</p>	<p><u>Thursday-26</u></p> <p>Orange Chicken Brown Rice, Steamed Broccoli & Assorted Fruit or  Assorted Deli Sandwiches Vegetarian Option: Bean & Cheese Burrito Piezas de Pollo Sabor Naranja</p>	<p><u>Friday-27</u></p> <p>PIZZA FRIDAY! Cheese or Pepperoni Pizza Garden Salad & Assorted Fruit Assorted Deli Sandwiches Vegetarian Option: Power Pack Pizza de Queso o Salchicha</p>
<p><u>Monday-30</u></p> <p>No School</p> <p>Local Holiday</p>				<p>Daily Milk Options: 1% White – Breakfast & Lunch Nonfat White –Breakfast & Lunch Nonfat Chocolate – Lunch Only</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				
Cycle 1 Sept	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
Cycle 2	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
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-\$1.75
 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-\$2.75
 Lunch-\$4.75