# SMMUSD Elementary Lunch Menu

## Spring Break: April 6 thru April 17, 2020

<table>
<thead>
<tr>
<th>Menu Subject to change</th>
<th>Repay online at <a href="http://www.myschoolbucks.com">www.myschoolbucks.com</a></th>
</tr>
</thead>
</table>

### Daily Milk Options:

- 1% white-(Breakfast & Lunch)
- Nonfat White-(Breakfast & Lunch)
- Nonfat Chocolate-(Lunch Only)

### Monday-April 20
- **Crispy Chicken Sandwich**
  - Baked Potato Wedges
  - Peas & Assorted Fruit
  - Assorted Deli Sandwiches
  - Vegetarian Option: Veggie Nuggets

### Tuesday-April 21
- **Pasta w/Beef Meat Sauce**
  - Steamed Carrots & Assorted Fruit
  - Assorted Deli Sandwiches
  - Vegetarian Option: Hummus Box

### Wednesday-April 1
- **Orange Chicken**
  - Vegetable Fried Rice, Steamed Broccoli & Assorted Fruit
  - Asian Sesame Salad
  - Assorted Deli Sandwiches
  - Vegetarian Option: Protein Box w/Bagel

### Thursday-April 2
- **Hamburger/Cheeseburger**
  - w/Baked Potato Wedges
  - Green Beans & Assorted Fruit
  - Assorted Deli Sandwiches
  - Vegetarian Option: Bean & Cheese Burrito

### Friday-April 3
- **PIZZA FRIDAY!**
  - Cheese or Pepperoni Pizza
  - Green Salad & Assorted Fruit
  - Assorted Deli Sandwiches
  - Vegetarian Option: Power Pack

### Monday-April 27
- **Beef Rib Patty**
  - WG Bun
  - Mixed Veggies & Assorted Fruit
  - Assorted Deli Sandwiches
  - Vegetarian Option: Bean & Cheese Burrito

### Tuesday-April 28
- **Brunch For Lunch Waffle Sticks**
  - Beef Sausage Patty, Baked Tater Tots, 100% Juice
  - Assorted Deli Sandwiches
  - Vegetarian Option: Hummus Box

### Wednesday-April 22
- **General Tso Chicken**
  - Brown Rice
  - Steamed Broccoli & Assorted Fruit
  - Chicken Caesar Salad
  - Assorted Deli Sandwiches
  - Vegetarian Option: Protein Box w/Bagel

### Thursday-April 23
- **Chicken Tenders or Meatball Sub**
  - w/WG Gold Fish Crackers
  - Steamed Green Beans & Assorted Fruit
  - Assorted Deli Sandwiches
  - Vegetarian Option: Bean & Cheese Burrito

### Friday-April 24
- **PIZZA FRIDAY!**
  - Cheese or Pepperoni Pizza
  - Tossed Salad
  - Assorted Deli Sandwiches
  - Vegetarian Option: Power Pack

### Monday-April 29
- **Roasted Chicken**
  - Mashed Potatoes
  - Carrots & Assorted Fruit
  - Assorted Deli Sandwiches
  - Vegetarian Option: Grilled Cheese Sandwich

### Tuesday-April 30
- **Taco Salad w/Beef taco**
  - Rice
  - Corn
  - Refried Beans & Assorted Fruit
  - Assorted Deli Sandwiches
  - Vegetarian Option: Hummus Box

*Menus & Food & Nutrition Info can be found on our website at [www.smmusd.org/foodservices](http://www.smmusd.org/foodservices)*

*SMMUSD*

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

Suggestions or questions, email: fns@smmusd.org

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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 - Carrots:
- A 1/2 cup of carrots (fresh or cooked) is an excellent source of Vitamin A. One medium carrot or six baby carrots is about a ½ cup of sliced carrots. Vitamin A helps keep good vision, fight infection, and keep your skin healthy.
- Eat carrots sticks dipped in light dressing a healthy snack.
- Add shredded carrots to coleslaw or salad for extra color and flavor.

Produce Tips:
- Carrots are always in season. You can find them fresh, frozen or canned.
- Look for smooth, firm and well-shaped carrots with an even color.
- Avoid carrots that feel soft, limp, or wilted.

2-Week Cycle Elementary Breakfast Menu

<table>
<thead>
<tr>
<th>Cycle Date</th>
<th>Coffee Cake Or Cereal w/ Graham Crackers</th>
<th>Biscuit w/Sausage Or Cereal w/ String Cheese</th>
<th>Pancakes Or Cereal w/ Graham Crackers</th>
<th>Assorted Muffin w/ Yogurt Or Cereal w/ String Cheese</th>
<th>Banana Bread Or Cereal w/ Graham Crackers</th>
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<tbody>
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<td>Cycle 1 Apr. 1-3</td>
<td>Coffee Cake Or Cereal w/ Graham Crackers</td>
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<td>Apr. 27-30</td>
<td>Coffee Cake Or Cereal w/ Graham Crackers</td>
<td>Biscuit w/Sausage Or Cereal w/ String Cheese</td>
<td>Pancakes Or Cereal w/ Graham Crackers</td>
<td>Assorted Muffin w/ Yogurt Or Cereal w/ String Cheese</td>
<td>Banana Bread Or Cereal w/ Graham Crackers</td>
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<tr>
<td>Cycle 2 Apr. 20-24</td>
<td>Blueberry Muffin Or Cereal w/String Cheese</td>
<td>Eggo Waffle Or Cereal w/ Graham Crackers</td>
<td>Breakfast Pizza Bagel Or Cereal w/String Cheese</td>
<td>French Toast Sticks Or Cereal w/Graham Crackers</td>
<td>Build Your Own Yogurt Parfait Or Cereal w/String Cheese</td>
</tr>
</tbody>
</table>

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

Parents, you can still apply for free or reduced priced meals. Meal applications can be found at the school sites, on line at: www.smmusd.org/food services, or at the District Office.

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