### SMMUSD Elementary Lunch Menu

#### Winter Break: Dec 23rd - Jan. 3rd

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

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**Monday-Jan. 6**
Bosco Cheese Sticks
W/Marinara
Green Beans
Vegetarian Option: Grilled Cheese Sandwich
Assorted Deli Sandwiches
Johnny Pops
Palitos de Queso con Salsa Marinara

**Tuesday-Jan. 7**
Crusty Chicken Sandwich
Baked Cross Trax Fries
Assorted Deli Sandwiches
Vegetarian Option: Hummus Box
Sandwich de Pollo Empanizado

**Wednesday-Jan. 8**
Brunch For Lunch
French Toast Sticks
Beef Sausage Patty, Baked Tater Tots
100% Juice
Assorted Deli Sandwiches
Vegetarian Option: Protein Box w/Bagel
Palitos de Pan Frances

**Thursday-Jan. 9**
BUILD YOUR OWN BURGER
Baked Potato Wedges
Assorted Deli Sandwiches
Vegetarian Option: Bean & Cheese Burrito
Haga su Propia Hamburghesa

**Friday-Jan. 10**
PIZZA FRIDAY!
Cheese or Pepperoni Pizza
Garden Salad
Assorted Deli Sandwiches
Vegetarian Option: Power Pack
Pizza de Queso o Salchicha

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**Monday-Jan. 13**
Cheese Lasagna
w/Carrots
Assorted Deli Sandwiches
Vegetarian Option: Grilled Cheese Sandwich
Johnny Pops
Piezas de Pollo

**Tuesday-Jan. 14**
Baked Chicken N Waffles
Green Beans
Assorted Deli Sandwiches
Vegetarian Option: Hummus Box
Perro Caliente Empanizado

**Wednesday-Jan. 15**
Orange Chicken
Vegetable Lo main, Steamed Broccoli
Or
Asian Sesame Salad
Assorted Deli Sandwiches
Vegetarian Option: Protein Box w/Bagel
Piezas de Pollo as Saldo xaraña

**Thursday-Jan. 16**
Beef Taco
Spanish Rice & Corn
Assorted Deli Sandwiches
Vegetarian Option: Homemade Burrito
Tacos de res

**Friday-Jan. 17**
PIZZA FRIDAY!
Cheese or Pepperoni Pizza
Green Salad
Assorted Deli Sandwiches
Vegetarian Option: Power Pack
Pizza de Queso o Salchicha

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**No School**
Martin Luther King Jr. Holiday

**Monday-Jan. 27**
Vegetable Nuggets
Mexican Rice
Carrots
Vegetarian Option: Bean and Cheese Burrito
Assorted Deli Sandwiches
Piezas de verdura

**Tuesday-Jan. 28**
Open Baked Chicken
Mashed Potatoes w/Gravy
Corn & Dinner roll
Assorted Deli Sandwiches
Vegetarian Option: Hummus Box
Pollo Borradado

**Wednesday-Jan. 29**
Brunch For Lunch
Waffle Sticks, Beef Sausage Patty, Baked Tater Tots, 100% Juice
Or Chef Salad
Assorted Deli Sandwiches
Vegetarian Option: Protein Box w/Bagel
Palitos de Waffle

**Thursday-Jan. 30**
Chicken Stir-fry
Stir Fried Rice
Steamed Broccoli
Or Assorted Deli Sandwiches
Vegetarian Option: Bean & Cheese Burrito
Pollo Salteado

**Friday-Jan. 31**
PIZZA FRIDAY!
Cheese or Pepperoni Pizza
Garden Salad & Assorted Fruit
Or Assorted Deli Sandwiches
Vegetarian Option: Power Pack
Pizza de Queso o Salchicha

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**Daily Milk Options:**
1% white-(Breakfast & Lunch)
Nonfat White-(Breakfast & Lunch)
Nonfat Chocolate-(lunch only)

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**Yogurt Parfaits are Offered Daily**

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Menus & Food & Nutrition Info can be found on our website at [www.smmusd.org/foodservices](http://www.smmusd.org/foodservices)
Suggestions or questions, email: [fns@smmusd.org](mailto: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- Broccoli:

- Eat chopped in salads, soups, stir fry, sautéed, baked into casseroles, boiled, steamed, or eat as is. Steam your broccoli for a bigger nutritional punch.
- 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, folate, 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 its true season is fall to early spring.

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<thead>
<tr>
<th>Cycle Date</th>
<th>2-Week Cycle Elementary Breakfast Menu</th>
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<tbody>
<tr>
<td>Cycle 1</td>
<td>Coffee Cake Or Cereal w/ Graham Crackers</td>
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<tr>
<td>Jan. 6-10</td>
<td>Biscuit w/Sausage Or Cereal w/ String Cheese</td>
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<tr>
<td>Jan. 20-24</td>
<td>Pancakes Or Cereal w/ Graham Crackers</td>
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<td></td>
<td>Assorted Muffin w/ Yogurt Or Cereal w/ String Cheese</td>
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<td></td>
<td>Banana Bread Or Cereal w/ Graham Crackers</td>
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<tr>
<td>Cycle 2</td>
<td>Blueberry Muffin Or Cereal w/String Cheese</td>
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<tr>
<td>Jan. 13-17</td>
<td>Eggo Waffle Or Cereal w/ Graham Crackers</td>
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<tr>
<td>Jan. 27-31</td>
<td>Breakfast Pizza Bagel Or Cereal w/String Cheese</td>
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<td></td>
<td>French Toast Sticks Or Cereal w/Graham Crackers</td>
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<tr>
<td></td>
<td>Build Your Own Yogurt Parfait Or Cereal w/String Cheese</td>
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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