**SMMUSD September Elementary Lunch**

*Menu Subject to change*

Prepay online at www.myschoolbucks.com

<table>
<thead>
<tr>
<th><strong>Monday-2</strong></th>
<th><strong>Tuesday-3</strong></th>
<th><strong>Wednesday-4</strong></th>
<th><strong>Thursday-5</strong></th>
<th><strong>Friday-6</strong></th>
</tr>
</thead>
</table>
| **No School** | **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 | **Roasted Chicken**  
Baked Cross Trax Fries & Assorted Fruit  
or  
Southwest Chicken Salad  
Assorted Deli Sandwiches  
Vegetarian Option: Protein Box w/Bagel  
Pollo Borracho | **Beef Taco**  
Hard or Soft  
Spanish Rice, Corn & Assorted Fruit  
or  
Assorted Deli Sandwiches  
Vegetarian Option: Bean & Cheese Burrito  
Taco de Res | **PIZZA FRIDAY!**  
Cheese or Pepperoni Pizza  
Green Salad & Assorted Fruit  
or  
Assorted Deli Sandwiches  
Vegetarian Option: Power Pack  
Pizza de Queso o Salsa Chica |
| **Labor Day** | **Monday-9** | **Wednesday-11** | **Thursday-12** | **Friday-13** |
| **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 | **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 | **Brunch For Lunch 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 | **Crispy Chicken Sandwich**  
Baked Potato Wedges  
Assorted Fruit  
or  
Assorted Deli Sandwiches  
Vegetarian Option: Bean & Cheese Burrito  
Sándwich de Pollo Empanizado | **PIZZA FRIDAY!**  
Cheese or Pepperoni Pizza  
Green Salad & Assorted Fruit  
or  
Assorted Deli Sandwiches  
Vegetarian Option: Power Pack  
Pizza de Queso o Salsa Chica |
| **Monday-16** | **Monday-17** | **Wednesday-18** | **Thursday-19** | **Friday-20** |
| **All-Beef Hotdog 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 | **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 | **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 | **Chicken Tender or Meatball Sub**  
Baked Crinkle Fries  
Zucchini & Assorted Fruit  
or  
Assorted Deli Sandwiches  
Vegetarian Option: Bean & Cheese Burrito  
Piezas de Pollo | **PIZZA FRIDAY!**  
Cheese or Pepperoni Pizza  
Tossed Salad & Assorted Fruit  
or  
Assorted Deli Sandwiches  
Vegetarian Option: Power Pack  
Pizza de Queso o Salsa Chica |
| **Monday-23** | **Monday-24** | **Wednesday-25** | **Thursday-26** | **Friday-27** |
| **Baked Corn Dog**  
Baked Potato Smiles  
Peas & Assorted Fruit  
or  
Assorted Deli Sandwiches  
Vegetarian Option: Homemade Grilled Cheese Sandwich  
Perro Caliente Empanizado | **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 | **Brunch For Lunch Waffle Sticks**  
Beef Sausage Patty, Baked Tater Tots,  
100% Juice  
or  
Assorted Deli Sandwiches  
Vegetarian Option: Bean & Cheese Burrito  
Palitos de Waffle | **Orange Chicken**  
Brown Rice, Steamed Broccoli & Assorted Fruit  
or  
Assorted Deli Sandwiches  
Vegetarian Option: Bean & Cheese Burrito  
Piezas de Pollo Sabor Naranja | **PIZZA FRIDAY!**  
Cheese or Pepperoni Pizza  
Garden Salad & Assorted Fruit  
or  
Assorted Deli Sandwiches  
Vegetarian Option: Power Pack  
Pizza de Queso o Salsa Chica |
| **No School** | **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 | **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 | **Brunch For Lunch Waffle Sticks**  
Beef Sausage Patty, Baked Tater Tots,  
100% Juice  
or  
Assorted Deli Sandwiches  
Vegetarian Option: Bean & Cheese Burrito  
Palitos de Waffle | **PIZZA FRIDAY!**  
Cheese or Pepperoni Pizza  
Garden Salad & Assorted Fruit  
or  
Assorted Deli Sandwiches  
Vegetarian Option: Power Pack  
Pizza de Queso o Salsa Chica |
| **Local Holiday** | **Monday-30** | **Tuesday-25** | **Wednesday-26** | **Friday-27** |
| **Monday-30** | **Monday-30** | **Wednesday-26** | **Thursday-26** | **Friday-27** |

**Daily Milk Options:**
1% White – Breakfast & Lunch  
Nonfat White – Breakfast & Lunch  
Nonfat Chocolate – Lunch Only

Menus and Food & Nutrition Info can be found on our website at www.smmusd.org/foodservices  
Suggestions or questions, email: fns@smmusd.org  
This Institution is an Equal Opportunity Provider
**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.

---

**2-Week Cycle Elementary Breakfast Menu**

<table>
<thead>
<tr>
<th>Cycle Date</th>
<th>Cycle 1 Sept</th>
<th>Cycle 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coffee Cake or Cereal w/ Graham Crackers</td>
<td>Croissant w/Sausage &amp; Egg or Cereal w/ String Cheese</td>
<td>Mini Pancakes or Cereal w/ Graham Crackers</td>
</tr>
<tr>
<td>Assorted Muffin w/ Yogurt or Cereal w/ String Cheese</td>
<td>Banana Bread or Cereal w/ Graham Crackers</td>
<td></td>
</tr>
<tr>
<td>Scrambled Eggs w/Hash Browns or Cereal w/String Cheese</td>
<td>Eggo Waffle or Cereal w/Graham Crackers</td>
<td></td>
</tr>
<tr>
<td>Breakfast Pizza Bagel or Cereal w/String Cheese</td>
<td>French Toast Sticks or Cereal w/Graham Crackers</td>
<td></td>
</tr>
<tr>
<td>Build Your Own Yogurt Parfait or Cereal w/String Cheese</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Offered with Every Breakfast:* Fruit: Assorted 4oz juice, fresh, or canned - Milk offered Daily: 1% and nonfat white

---

**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

---

**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**