

SMMUSD Elementary Lunch Menu



*Menu Subject to change

Spring Break: April 6 thru April 17, 2020

Prepay online at www.myschoolbucks.com

 <p>Daily Milk Options: 1% white-(Breakfast & Lunch) Nonfat White-(Breakfast & Lunch) Nonfat Chocolate-(Lunch Only)</p>		<p><u>Wednesday-April 1</u> Orange Chicken Vegetable Fried Rice, Steamed Broccoli & Assorted Fruit Or Asian Sesame Salad Assorted Deli Sandwiches Vegetarian Option: Protein Box w/Bagel Piezas de Pollo a Sabor Naranja</p>	<p><u>Thursday-April 2</u> Hamburger/Cheeseburger w/Baked Potato Wedges Green Beans & Assorted Fruit Assorted Deli Sandwiches Vegetarian Option: Bean & Cheese Burrito Hamburguesa/Hamburguesa con Queso</p>	<p><u>Friday-April 3</u> PIZZA FRIDAY! Cheese or Pepperoni Pizza Green Salad & Assorted Fruit Assorted Deli Sandwiches Vegetarian Option: Power Pack Pizza de Queso o Salchicha</p>
		<p><u>Monday-April 20</u> Crispy Chicken Sandwich Baked Potato Wedges Peas & Assorted Fruit  Assorted Deli Sandwiches Vegetarian Option: Veggie Nuggets Sandwich de Pollo Empanizado</p>	<p><u>Tuesday-April 21</u> Pasta w/Beef Meat Sauce Steamed Carrots & Assorted Fruit  Assorted Deli Sandwiches Vegetarian Option: Hummus Box Pasta con salsa de Carne de Res</p>	<p><u>Wednesday-April 22</u> General Tso Chicken Brown Rice Steamed Broccoli & Assorted Fruit Or Chicken Cesar Salad Assorted Deli Sandwiches Vegetarian Option: Protein Box w/Bagel Piezas de Pollo Sabor Tso</p>
<p><u>Monday-April 27</u> Beef Rib Patty WG Bun Mixed Veggies & Assorted Fruit Assorted Deli Sandwiches Vegetarian Option: Bean & Cheese Burrito Sandwich de Costilla de Res</p>	<p><u>Tuesday-April 28</u> Brunch For Lunch Waffle Sticks Beef Sausage Patty, Baked Tater Tots, 100% Juice Assorted Deli Sandwiches Vegetarian Option: Hummus Box Palitos de Waffle</p>	<p><u>Monday-April 29</u> Roasted Chicken Mashed Potatoes Carrots & Assorted Fruit Assorted Deli Sandwiches Vegetarian Option: Grilled Cheese Sandwich Pollo Asado</p>	<p><u>Tuesday-April 30</u> Taco Salad w/Beef taco Rice Corn Refried Beans & Assorted Fruit Assorted Deli Sandwiches Vegetarian Option: Hummus Box Ensalada de Taco Con Carne de Res</p>	 <p>Did you know that your kids can go to the fruit and salad bar every day?</p>

Menus & Food & Nutrition Info can be found on our website at www.smmusd.org/foodservices

Suggestions or questions, email: fn@smmusd.org

This Institution is an Equal Opportunity Provider

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					
 Cycle Date	     Menu is Subject to Change without notice				
Cycle 1 Apr. 1-3 Apr. 27-30	Coffee Cake Or Cereal w/ Graham Crackers	Biscuit w/Sausage Or Cereal w/ String Cheese	Pancakes Or Cereal w/ Graham Crackers	Assorted Muffin w/ Yogurt Or Cereal w/ String Cheese	Banana Bread Or Cereal w/ Graham Crackers
Cycle 2 Apr. 20-24	Blueberry Muffin 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

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/foodservices, or at the District Office.

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

Opt out of Nonfat Chocolate Milk via email at fns@smmusd.org