





# SMMUSD Elementary Lunch Menu

\*Menu Subject to change

Prepay online at [www.myschoolbucks.com](http://www.myschoolbucks.com)



Winter Break: Dec 23<sup>th</sup> -Jan.3<sup>th</sup>

<p><b><u>Monday-Dec. 2</u></b>  <b>Baked Corn Dog</b>   Baked Tater Tots            Carrots            Assorted Deli Sandwiches            Vegetarian Option: Grilled Cheese Sandwich            Perro Caliente Empanizado</p>	<p><b><u>Tuesday-Dec. 3</u></b>  <b>Build Your Own Sandwich</b>            Cheez IT Crackers            Assorted Deli Sandwiches            Vegetarian Option: Hummus Box            Haga su Proprio Sandwich</p>	<p><b><u>Wednesday-Dec. 4</u></b>  <b>Orange Chicken</b>            Vegetable Lo Mein, Steamed Broccoli            Or   Asian Sesame Salad            Assorted Deli Sandwiches            Vegetarian Option: Protein Box w/Bagel            Pollo Sabor Naranja</p>	<p><b><u>Thursday-Dec. 5</u></b>  <b>Hamburger/Cheeseburger</b>            w/Baked Chips            Green Beans            Assorted Deli Sandwiches            Vegetarian Option: Homemade Burrito            Hamburguesa sin o con Queso</p>	<p><b><u>Friday-Dec. 6</u></b>  <b>PIZZA FRIDAY!</b>            Cheese or Pepperoni Pizza            Green Salad            Assorted Deli Sandwiches            Vegetarian Option: Power Pack            Pizza de Queso o Salchicha</p>
<p><b><u>Monday-Dec. 9</u></b>  <b>Veggie Nuggets</b>            Baked Potato Wedges &amp; Dinner Roll            Assorted Deli Sandwiches            Vegetarian Option: Grilled Cheese Sandwich            Nuggets de Verdura</p>	<p><b><u>Tuesday-Dec. 10</u></b>  <b>Taco Salad</b>            w/ Baked Scoops &amp; Beans            or            Assorted Deli Sandwiches            Vegetarian Option: Hummus Box            Taco Ensalada</p>	<p><b><u>Wednesday-Dec. 11</u></b>  <b>Hot Dog</b>            Corn            Or            Chicken Cesar Salad            Assorted Deli Sandwiches            Vegetarian Option: Protein Box w/Bagel            Perro Caliente</p>	<p><b><u>Thursday-Dec. 12</u></b>  <b>Beef Rib-B-Que Sandwich on WG Bun</b>            Mixed Vegetables            Or            Broccoli Slaw            Assorted Deli Sandwiches            Vegetarian Option: Homemade Burrito            Costillas de Res</p>	<p><b><u>Friday-Dec. 13</u></b>  <b>PIZZA FRIDAY!</b>            Cheese or Pepperoni Pizza            Tossed Salad            Assorted Deli Sandwiches            Vegetarian Option: Power Pack            Pizza de Queso o Salchicha</p>
<p><b><u>Monday-Dec. 16</u></b>  <b>Bosco Cheese Sticks</b>   Vegetarian Option: Grilled Cheese Sandwich            Assorted Deli Sandwiches            Palitos de Queso</p>	<p><b><u>Tuesday-Dec. 17</u></b>  <b>Brunch For Lunch</b>  <b>Mini Pancakes</b>            Beef Sausage Patty, Baked Tater Tots,            100% Juice            Assorted Deli Sandwiches            Vegetarian Option: Hummus Box            Pancakes</p>	<p><b><u>Wednesday-Dec. 18</u></b>  <b>Spaghetti Pasta w/Meat Sauce</b>            Garlic Bread            Or            Chef Salad            Assorted Deli Sandwiches            Vegetarian Option: Protein Box w/Bagel            Pasta con Salsa con Carne</p>	<p><b><u>Thursday-Dec. 19</u></b>  <b>Chicken Tenders</b>            Baked Cross Trax Fries   Assorted Deli Sandwiches            Vegetarian Option: Homemade Burrito            Piezas de Pollo</p>	<p><b><u>Friday-Dec. 20</u></b>  <b>PIZZA FRIDAY!</b>            Cheese or Pepperoni Pizza            Garden Salad            Assorted Deli Sandwiches            Vegetarian Option: Power Pack            Pizza de Queso o Salchicha</p>

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

Yogurt Parfaits are Offered Daily

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

## 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- Mandarins:







- Provide healthy after-school snacks like a fresh or canned mandarin slices (packed in 100% fruit juice).
- Dip tangerine segments into low-fat yogurt.
- Add Mandarins to green salads.
- Squeeze juice of citrus fruits over chicken and fish to make tender and juicy, or use juice to make reduced fat salad dressings. For more ideas visit [www.kidsnutrition.org](http://www.kidsnutrition.org)



### Produce Tips:

- Look for plump mandarins that feel heavy for size and have stems still attached.
- Keep on the counter and eat within a few days. Or, store in the refrigerator for up to one week.

**Helpful Hints:** Mandarins that have a deep orange-red color are called tangerines. Other type of mandarins include satsumas, clementines and tangelos

2-Week Cycle Elementary Breakfast Menu					
 Cycle Date	 Menu is Subject to Change without notice All grain items are whole-grain				
<b>Cycle 1</b> Dec. 10-14	Coffee Cake Or Cereal w/ Graham Crackers	Biscuit w/ Beef or Veggie Sausage Patty 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
<b>Cycle 2</b> Dec. 3-7 Dec. 17-21	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**

**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](mailto:fns@smmusd.org)**