

SMMUSD Elementary Lunch Menu

*Menu Subject to change

Prepay online at www.myschoolbucks.com



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



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

Yogurt Parfaits are Offered Daily



<p><u>Monday-Feb. 3</u> Bosco Cheese Sticks W/Marinara Steamed Broccoli Vegetarian Option: Grilled Cheese Sandwich Assorted Deli Sandwiches Palitos de Queso con Salsa Marinara</p>	<p><u>Tuesday-Feb. 4</u> Regular or Spicy Chicken Patty Sandwich Roasted Carrots  Assorted Deli Sandwiches Vegetarian Option: Hummus Box Sandwich de Pollo Empanizado</p>	<p><u>Wednesday-Feb. 5</u> Brunch For Lunch French Toast, Canadian Bacon Tater Tots, 100% Juice Or Popin' Chicken Salad Vegetarian Option: Protein Box w/Bagel Palitos de Pan Frances</p>	<p><u>Thursday-Feb. 6</u> BUILD YOUR OWN BURGER Roasted Corn Baked Lays Chips  Assorted Deli Sandwiches Vegetarian Option: Bean & Cheese Burrito Haga su Propio Hamburguesa</p>	<p><u>Friday-Feb. 7</u> PIZZA FRIDAY! Cheese or Pepperoni Pizza Green Salad Vegetarian Option: Power Pack Assorted Deli Sandwiches Pizza de Queso o Salchicha</p>
<p><u>Monday-Feb. 10</u> Baked Chicken Drumstick Rice Carrots Vegetarian Option: Bean & Cheese Pupusa Assorted Deli Sandwiches Pollo Horneado</p>	<p><u>Tuesday-Feb. 11</u> Cheese Quesadillas Corn Assorted Deli Sandwiches Vegetarian Option: Protein Box w/Bagel Quesadillas</p>	<p><u>Wednesday-Feb. 12</u> Rotini Pasta w/Meat Sauce Vegetable Medley or Chicken Cesar Salad Assorted Deli Sandwiches Vegetarian Option: Protein Box w/Bagel Pasta con Salsa con Carne</p>	<p><u>Thursday-Feb. 13</u> Oven Baked Chicken Nuggets w/ Broccoli Assorted Fruits Assorted Deli Sandwiches Vegetarian Option: Bean & Cheese Burrito Piezas de Pollo Horneadas</p>	<p><u>Friday-Feb. 14</u> PIZZA FRIDAY! Cheese or Pepperoni Pizza Tossed Salad Vegetarian Option: Power Pack Assorted Deli Sandwiches Pizza de Queso o Salchicha</p>
<p> WASHINGTON'S BIRTHDAY HOLIDAY</p>	<p><u>Tuesday-Feb. 18</u> Baked Chicken Tenders Steamed Cauliflower & Carrots  Assorted Deli Sandwiches Vegetarian Option: Hummus Box Piezas de Pollo</p>	<p><u>Wednesday-Feb. 19</u> Brunch For Lunch Pancakes, Beef Sausage Patty, Baked Tater Tots, 100% Juice Or Chef Salad Assorted Deli Sandwiches Vegetarian Option: Protein Box w/Bagel Pancakes</p>	<p><u>Thursday-Feb. 20</u> Orange Chicken Brown Rice, Steamed Broccoli  Assorted Deli Sandwiches Vegetarian Option: Bean & Cheese Burrito Piezas de Pollo Sabor Naranja</p>	<p><u>Friday-Feb. 21</u> PIZZA FRIDAY! Cheese or Pepperoni Pizza Garden Salad Vegetarian Option: Power Pack Assorted Deli Sandwiches Pizza de Queso o Salchicha</p>
<p><u>Monday-Feb. 24</u> Veggie Nuggets W/ Roasted carrots & Dinner Roll Assorted Deli Sandwiches Vegetarian Option: Hummus Box Piezas de Verduras</p>	<p><u>Tuesday-Feb. 25</u> Beef Taco Salad Tortilla Chips Beans & rice  Assorted Deli Sandwiches Vegetarian Option: Grilled Cheese Sandwich Ensalada de Taco de Res</p>	<p><u>Wednesday-Feb. 26</u> Chicken Stir-iry Steamed Rice Steamed Broccoli Assorted Deli Sandwiches Vegetarian Option: Hummus Box Salteado de Pollo</p>	<p><u>Thursday-Feb. 27</u> Mac N Cheese Steamed Broccoli Or Southwest Chicken Salad Assorted Deli Sandwiches Vegetarian Option: Bean & Cheese Burrito Macarrones con Queso</p>	<p><u>Friday-Feb. 28</u> PIZZA FRIDAY! Cheese or Pepperoni Pizza Garden Salad Vegetarian Option: Power Pack Assorted Deli Sandwiches Pizza de Queso o Salchicha</p>







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.



Produce Tips: *Mandarins*

- Mandarins that have a deep orange-red color are called tangerines. Other types of mandarins include satsumas, clementines, and tangelos.
- A ½ cup of mandarins is an excellent source of vitamin C and a good source of vitamin A.
- Look for Mandarins with glossy, deep orange skins. Keep on the counter and use within a few days or store in the refrigerator for up to one week.
- Mandarins are easy to peel and make a great afternoon snack. Add mandarins to a green salad.

 Cycle Date	2-Week Cycle Elementary Breakfast Menu				
	 Menu is Subject to Change without notice				
Cycle 1 Feb. 4-9 Feb. 19-22	Coffee Cake Or Cereal w/ Graham Crackers	English Muffin w/Sausage Or Cereal w/ String Cheese	Mini Pancakes Or Cereal w/ Graham Crackers	Do It Yourself Breakfast Burrito Or Cereal w/ String Cheese	Banana Bread Or Cereal w/ Graham Crackers
Cycle 2 Feb. 11-15 Feb. 25-Mar 1	Blueberry Muffin Or Cereal w/String Cheese	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

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