

SMMUSD Elementary Lunch Menu

*Menu Subject to change

Prepay online at www.myschoolbucks.com

<p><u>Monday-Jan 6</u> Bosco Cheese Sticks W/Marinara Green Beans Vegetarian Option: Grilled Cheese Sandwich Assorted Deli Sandwiches Johnny Pops Palitos de Queso con Salsa Marinara</p>	<p><u>Tuesday-Jan. 7</u> Crispy Chicken Sandwich Baked Cross Trax Fries  Assorted Deli Sandwiches Vegetarian Option: Hummus Box Sandwich de Pollo Empanizado</p>	<p><u>Wednesday-Jan. 8</u> 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</p>	<p><u>Thursday-Jan. 9</u> BUILD YOUR OWN BURGER Baked Potato Wedges  Assorted Deli Sandwiches Vegetarian Option: Bean & Cheese Burrito Haga su Propia Hamburguesa</p>	<p><u>Friday-Jan. 10</u> PIZZA FRIDAY! Cheese or Pepperoni Pizza Garden Salad Assorted Deli Sandwiches Vegetarian Option: Power Pack Pizza de Queso o Salchicha</p>
<p> <u>Monday-Jan. 13</u> Cheese Lasagna w/Carrots Assorted Deli Sandwiches Vegetarian Option: Grilled Cheese Sandwich Johnny Pops Piezas de Pollo</p>	<p><u>Tuesday-Jan. 14</u> Baked Chicken N Waffles Green Beans Assorted Deli Sandwiches Vegetarian Option: Hummus Box Perro Caliente Empanizado</p>	<p><u>Wednesday-Jan. 15</u> Orange Chicken Vegetable Lo main, Steamed Broccoli Or  Asian Sesame Salad Assorted Deli Sandwiches Vegetarian Option: Protein Box w/Bagel Piezas de Pollo as Sabor Naranja</p>	<p><u>Thursday-Jan. 16</u> Beef Taco Spanish Rice & Corn Assorted Deli Sandwiches Vegetarian Option: Homemade Burrito Tacos de Res</p>	<p><u>Friday-Jan. 17</u> PIZZA FRIDAY! Cheese or Pepperoni Pizza Green Salad Assorted Deli Sandwiches Vegetarian Option: Power Pack Pizza de Queso o Salchicha</p>
<p>No School  Martin Luther King Jr. Holiday</p>	<p><u>Tuesday-Jan. 21</u> All-Beef Hotdog Vegetarian Beans  Assorted Deli Sandwiches Vegetarian Option: Hummus Box Perro Caliente de Res</p>	<p><u>Wednesday-Jan. 22</u> Spaghetti w/Meatballs  Roasted Carrots Garlic Bread Or Chicken Cesar Salad Assorted Deli Sandwiches Vegetarian Option: Protein Box w/Bagel Pasta con Salsa con Carne</p>	<p><u>Thursday-Jan. 23</u> Cheese Quesadilla W/ Lays Potato Chips Steamed Broccoli Or Assorted Deli Sandwiches Vegetarian Option: Bean & Cheese Burrito Quesadilla</p>	<p><u>Friday-Jan. 24</u> PIZZA FRIDAY! Cheese or Pepperoni Pizza Tossed Salad Assorted Deli Sandwiches Vegetarian Option: Power Pack Pizza de Queso o Salchicha</p>
<p><u>Monday-Jan. 27</u> Veggie Nuggets  Mexican Rice Carrots Vegetarian Option: Bean and Cheese Burrito Assorted Deli Sandwiches Piezas de Verdura</p>	<p><u>Tuesday-Jan. 28</u> Oven Baked Chicken Mashed Potatoes w/Gravy Corn & Dinner roll Assorted Deli Sandwiches Vegetarian Option: Hummus Box Pollo Horneado</p>	<p><u>Wednesday-Jan. 29</u> 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</p>	<p><u>Thursday-Jan. 30</u> Chicken Stir-fry Steamed Rice Steamed Broccoli Assorted Deli Sandwiches Vegetarian Option: Bean & Cheese Burrito Pollo Salteado</p>	<p><u>Friday-31</u> PIZZA FRIDAY! Cheese or Pepperoni Pizza Garden Salad & Assorted Fruit Or Assorted Deli Sandwiches Vegetarian Option: Power Pack Pizza de Queso o Salchicha</p>

Winter Break: Dec 23th -Jan.3th



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- 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.

 Cycle Date	2-Week Cycle Elementary Breakfast Menu 				
	 Menu is Subject to Change without notice				
Cycle 1 Jan. 6-10 Jan. 20-24	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 Jan. 13-17 Jan. 27-31	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