

SMMUSD - Elementary Lunch Menu

This Institution is an Equal Opportunity Provider

*Menu Subject to change

<p><u>Monday-March 2</u> Bosco Cheese Sticks  W/Marinara Peas & Assorted Fruit Assorted Deli Sandwiches Vegetarian Option: Grilled Cheese Sandwich Palitos de Queso con Salsa Marinara</p>	<p><u>Tuesday-March 3</u> Baked Mini Corn Dogs Baked Potato Smiles & Assorted Fruit  Assorted Deli Sandwiches Vegetarian Option: Hummus Box Perro Caliente Empanizado</p>	<p><u>Wednesday-March 4</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-March 5</u> BUILD YOUR OWN BURGER Baked Potato Wedges & Assorted Fruit  Assorted Deli Sandwiches Vegetarian Option: Bean & Cheese Burrito Haga su Propia Hamburguesa</p>	<p><u>Friday-March 6</u> PIZZA FRIDAY! Cheese or Pepperoni Pizza Green Salad & Assorted Fruit Assorted Deli Sandwiches Vegetarian Option: Power Pack Pizza de Queso o Salechicha</p>
<p><u>Monday-March 9</u> Quesadilla Mexican Rice, Carrots & Assorted Fruit Assorted Deli Sandwiches Vegetarian Option: Grilled Cheese Sandwich Quesadilla</p>	<p><u>Tuesday-March 10</u> Baked Chicken Tenders Or Meatball Sub w/Broccoli & Assorted Fruit Assorted Deli Sandwiches Vegetarian Option: Hummus Box Piezas de Pollo</p>	<p><u>Wednesday-March 11</u> Rotini 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</p>	<p><u>Thursday-March 12</u> All-Beef Hot Dogs w/Baked Beans & Assorted Fruit or Broccoli Slaw Assorted Deli Sandwiches Vegetarian Option: Bean & Cheese Burrito Perro Caliente de Res</p>	<p><u>Friday-March 13</u> PIZZA FRIDAY! Cheese or Pepperoni Pizza Tossed Salad & Assorted Fruit Assorted Deli Sandwiches Vegetarian Option: Power Pack Pizza de Queso o Salechicha</p>
<p><u>Monday-March 16</u> Hamburgers  Corn Baked Lays & Assorted Fruit Assorted Deli Sandwiches Vegetarian Option: Grilled Cheese Sandwich Hamburguesas</p>	<p><u>Tuesday-March 17</u> Baked Chicken Tenders Steamed Cauliflower, Carrots & Assorted Fruit  Assorted Deli Sandwiches Vegetarian Option: Hummus Box Piezas de Pollo</p>	<p><u>Wednesday-March 18</u> Brunch For Lunch Mini 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-March 19</u> Orange Chicken Brown Rice, Steamed Broccoli & Assorted Fruit  Assorted Deli Sandwiches Vegetarian Option: Bean & Cheese Burrito Piezas de Pollo Sabor Naranja</p>	<p><u>Friday-March 20</u> PIZZA FRIDAY! Cheese or Pepperoni Pizza Garden Salad & Assorted Fruit Assorted Deli Sandwiches Vegetarian Option: Power Pack Pizza de Queso o Salechicha</p>
<p><u>Monday-March 23</u> BBQ Rib Sandwich Green Beans & Assorted Fruit Assorted Deli Sandwiches Vegetarian Option: Grilled Cheese Sandwich Sandwich de Costillas</p>	<p><u>Tuesday-March 24</u> All-Beef Hotdog Vegetarian Beans & Assorted Fruit Assorted Deli Sandwiches Vegetarian Option: Hummus Box Perro Caliente de Res</p>	<p><u>Wednesday-March 25</u> Roast Chicken Baked Cross Trax Fries & Assorted Fruit Or Southwest Chicken Salad Assorted Deli Sandwiches Vegetarian Option: Protein Box w/Bagel Pollo Horneado</p>	<p><u>Thursday-March 26</u> Beef Taco Hard or Soft Spanish Rice, Corn & Assorted Fruit Assorted Deli Sandwiches Vegetarian Option: Bean & Cheese Burrito Taco de Res</p>	<p><u>Friday-March 27</u> PIZZA FRIDAY! Cheese or Pepperoni Pizza Green Salad & Assorted Fruit Assorted Deli Sandwiches Vegetarian Option: Power Pack Pizza de Queso o Salechicha</p>
<p><u>Monday-March 30</u> Mac N Cheese w/ Broccoli & Assorted Fruit Assorted Deli Sandwiches Vegetarian Option: Grilled Cheese Sandwich Macarrones con queso</p>	<p><u>Tuesday-March 31</u> Spaghetti w/Meatballs Vegetable Medley & Assorted Fruit Assorted Deli Sandwiches Vegetarian Option: Hummus Box Espaguetis con Carne</p>	<p></p>	<p>Do you know that your kids can go to the fruit and salad bar every day?</p>	<p>Daily Milk Options: 1% white-(Breakfast & Lunch) Nonfat White-(Breakfast & Lunch) Nonfat Chocolate-(Lunch Only)</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: Strawberries

- Strawberries are the first fruit to ripen each spring! You don't have to wait long to enjoy them.
- Over 75% of strawberries grown in the US are grown in California.
- Store unwashed strawberries in the refrigerator for up to three days. Before serving, use cool water to gently wash them with green caps still attached.
- A ½ cup of strawberries is an excellent source of Vitamin C. Vitamin C helps your body absorb the iron found in foods.
- Strawberries can be enjoyed by themselves, in a smoothie, as a yogurt or cereal topping, and on salads (spinach base is best).

 Cycle Date	2-Week Cycle Elementary Breakfast Menu 				
	 Menu is Subject to Change without notice				
Cycle 1 Mar. 4-9 Mar. 19-22	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 Mar. 11-15 Mar. 25-29	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