

# SMMUSD Elementary Lunch Menu

\*Menu Subject to change

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

 <p>Did you know that your kids can go to the fruit and salad bar every day?</p>		<p><b>Daily Milk Options:</b>                  1% white-(Breakfast &amp; Lunch)                  Nonfat White (Breakfast &amp; Lunch)                  Non-fat chocolate-(lunch only)</p> 		<p>Parfaits served daily</p> 	<p><b>Friday-Nov. 1</b>  <b>PIZZA FRIDAY!</b>                  Cheese or Pepperoni Pizza                  Garden Salad                  Assorted Deli Sandwiches</p>  <p>Pizza de Queso o Salchicha</p>
<p><b>Monday-Nov. 4</b>  <b>Bosco Cheese Sticks</b>  <b>W/Marinara</b></p> <p>Vegetarian Option: Homemade Grilled Cheese Sandwich</p> <p>Assorted Deli Sandwiches                  Palitos de Queso con Salsa Marinara</p>	<p><b>Tuesday-Nov. 5</b>  <b>Pupil Free Day</b></p> <p><b>No School for Elementary Sites</b></p>	<p><b>Wednesday-Nov. 6</b>  <b>Orange Chicken</b></p> <p>Steamed Rice &amp; Broccoli                  Or                  Popin' Chicken Salad                  Assorted Deli Sandwiches</p> <p>Vegetarian Option: Protein Box w/Bagel</p> <p>Pollo Sabor Naranja</p> 	<p><b>Thursday-Nov. 7</b>  <b>Beef Taco</b></p> <p>Hard or Soft                  Spanish Rice &amp; Corn</p> <p>Assorted Deli Sandwiches</p> <p>Vegetarian Option: Homemade Burrito</p> <p>Taco de Carne de Res</p>	<p><b>Friday-Nov. 8</b>  <b>PIZZA FRIDAY!</b>                  Cheese or Pepperoni Pizza                  Green Salad                  Assorted Deli Sandwiches                  Vegetarian Option: Power Pack</p> <p>Pizza de Queso o Salchicha</p>	
<p><b>Monday-Nov. 11</b></p> <p><b>VETERAN'S HOLIDAY</b></p>	<p><b>Tuesday-Nov. 12</b>  <b>Crispy Chicken Sandwich</b>                  Baked Cross Trax Fries</p>  <p>Assorted Deli Sandwiches</p> <p>Vegetarian Option: Hummus Box                  Sandwich de Pollo empanizado</p>	<p><b>Wednesday-Nov. 13</b>  <b>Teriyaki Chicken or General Tso Chicken</b></p> <p>Brown Rice                  or                  Chicken Cesar Salad                  Assorted Deli Sandwiches</p> <p>Vegetarian Option: Protein Box w/Bagel</p> <p>Pollo con Salsa de Teriyaki o Tso</p> 	<p><b>Thursday-Nov. 14</b>  <b>Hamburger/Cheese Burger</b></p> <p>Lays Potato Chips                  or                  Broccoli Slaw                  Assorted Deli Sandwiches</p> <p>Vegetarian Option: Homemade Burrito</p> <p>Haga su Propia Hamburguesa</p>	<p><b>Friday-Nov. 15</b>  <b>PIZZA FRIDAY!</b>                  Cheese or Pepperoni Pizza                  Tossed Salad                  Assorted Deli Sandwiches                  Vegetarian Option: Power Pack</p> <p>Pizza de Queso o Salchicha</p>	
<p><b>Monday-Nov. 18</b>  <b>Baked Chicken Tenders</b>                  Steamed Cauliflower &amp; Carrots</p>  <p>Vegetarian Option: Homemade Grilled Cheese Sandwich                  Assorted Deli Sandwiches</p> <p>Piezas de Pollo</p>	<p><b>Tuesday-Nov. 19</b>  <b>Brunch For Lunch</b>  <b>Waffle Sticks, Beef Sausage Patty, Baked Tater Tots, 100% Juice</b></p> <p>Assorted Deli Sandwiches</p> <p>Vegetarian Option: Hummus Box</p> <p>Palitos de Waffle</p>	<p><b>Wednesday-Nov. 20</b>  <b>Baked Macaroni Au Gratin</b> Steamed Broccoli, Assorted Fruit Assorted Deli Sandwiches</p> <p>Vegetarian Option: Grilled Cheese Sandwich</p> <p>Macarrones</p>	<p><b>Thursday-Nov. 21</b>  <b>Shepard's Pie or BBQ beef Rib Sandwiches</b></p> <p>Roasted Zucchini and Mashed Potatoes</p> <p>Assorted Deli Sandwiches</p> <p>Vegetarian Option: Homemade Burrito</p> <p>Carne con puré de papas o Sandwich de Costillas</p>	<p><b>Friday-Nov. 22</b>  <b>PIZZA FRIDAY!</b>                  Cheese or Pepperoni Pizza                  Garden Salad                  Assorted Deli Sandwiches                  Vegetarian Option: Power Pack</p> <p>Pizza de Queso o Salchicha</p>	
<p><b>Monday-Nov. 25</b>  <b>Cheese Quesadilla or Bean and Cheese Burrito</b></p> <p>Vegetarian Option: Homemade Grilled Cheese Sandwich                  Assorted Deli Sandwiches</p> <p>Quesadilla o Burrito de Frijoles con Queso</p>	<p><b>Tuesday-Nov. 26</b>  <b>Oven Baked Chicken</b>                  Mashed Potatoes w/Gravy                  Corn</p> <p>Assorted Deli Sandwiches</p> <p>Vegetarian Option: Hummus Box</p> <p>Piezas de Pollo Horneado</p>	<p><b>Wednesday-Nov. 27</b>  <b>PIZZA Wednesday!</b>                  Cheese or Pepperoni Pizza                  Green Salad                  Or                  Chef Salad                  Assorted Deli Sandwiches</p> <p>Vegetarian Option: Protein Box w/Bagel                  Pizza de Queso o Salchicha</p>	<p><b>NO SCHOOL</b></p>	<p><b>NO SCHOOL</b></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.









### Healthy Serving Ideas- Pears:

- Cut a pear in half and remove the core. Fill the center of each half with all-natural peanut butter or low fat yogurt. Sprinkle with granola and cinnamon for a healthy snack.
- Add sliced pears to spinach salads.
- Enjoy a whole pear for an afternoon snack.
- Talk with your child about fruits and vegetables that are in season. Find a recipe and make it together. For more ideas visit: [www.calpear.com](http://www.calpear.com).

### Produce Tips:

- Choose pears that look colorful and fresh with no bruises or holes.
- Test for ripeness by pressing gently near the stem. If it feels soft, it is ready to eat.
- To ripen a pear, place on countertop, in a bowl, or in a paper bag. If placed near apples, pears will ripen more quickly.
- Store ripe pears in the refrigerator.
- To keep sliced pears from turning brown, dip them into a mixture of one tablespoon 100% apple juice and one cup water.



 <b>Cycle Date</b>	<b>2-Week Cycle Elementary Breakfast Menu</b>				
	 Menu is Subject to Change without notice				
<b>Cycle 1</b> Nov. 2 Nov. 12-16 Nov. 26-30	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
<b>Cycle 2</b> Nov. 5-9 Nov. 19-21	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
<b>Offered with Every Breakfast:</b> 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](mailto: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