

SMMUSD October Elementary Lunch

*Menu Subject to change

Prepay online at www.myschoolbucks.com

<p>Daily Milk Options: 1% White – Breakfast & Lunch Nonfat White – Breakfast & Lunch Nonfat Chocolate – Lunch Only</p> 	<p><u>Tuesday-1</u> Baked Breaded Chicken Drumstick Or Turkey Sandwich Mashed Potatoes w/Gravy Corn & Assorted Fruit Or Assorted Deli Sandwiches Vegetarian Option: Hummus Box</p> <p>Pollo Empanizado o Sandwich de Carne de Pavo</p>	<p><u>Wednesday-02</u> Brunch For Lunch French Toast Sticks, Beef Sausage Patty, Baked Tater Tots, 100% Juice Or Chef Salad Assorted Deli Sandwiches Vegetarian Option: Protein Box w/Bagel</p> <p>Palitos de Pan Frances</p>	<p><u>Thursday-3</u> Beef Taco Hard or Soft Spanish Rice, Corn & Assorted Fruit Or Assorted Deli Sandwiches Vegetarian Option: Bean & Cheese Burrito</p> <p>Taco de Res</p>	<p><u>Friday-4</u> PIZZA FRIDAY! Cheese or Pepperoni Pizza Green Salad & Assorted Fruit Or Assorted Deli Sandwiches Vegetarian Option: Power Pack</p> <p>Pizza de Queso o Salchicha</p>
<p><u>Monday- 7</u> Hamburgers On Whole Grain Bun w/Baked Fries Fresh Fruit and Veggie Bar Or Assorted Deli Sandwiches Vegetarian Option: Grilled Cheese Sandwich</p> <p>Hamburguesa</p>	<p><u>Tuesday- 8</u> Taco Salad/w Turkey Taco Meat Rice, Corn, & Refried Beans Assorted Fruit Or Assorted Deli Sandwiches Vegetarian Option: Hummus Box</p> <p>Ensalada de Taco con Carne de Pavo</p>	<p><u>Wednesday-9</u></p> <p>No School</p>	<p><u>Thursday-10</u> Crispy Chicken Sandwich Baked Potato Wedges Assorted Fruit Or Assorted Deli Sandwiches Vegetarian Option: Bean & Cheese Burrito</p> <p>Sandwich de Pollo Empanizado</p>	<p><u>Friday-11</u> PIZZA FRIDAY! Cheese or Pepperoni Pizza Green Salad & Assorted Fruit Or Assorted Deli Sandwiches Vegetarian Option: Power Pack</p> <p>Pizza de Queso o Salchicha</p>
<p><u>Monday-14</u> All-Beef Hotdog or Beef Rib BBQ Sandwich Vegetarian Beans & Assorted Fruit Or Assorted Deli Sandwiches Vegetarian Option: Grilled Cheese Sandwich</p> <p>Perro Caliente de Res o Sandwich de Costillas de Res</p>	<p><u>Tuesday-15</u> Bean and Cheese Burrito or Quesadilla Corn, Mexican Rice & Assorted Fruit Or Assorted Deli Sandwiches Vegetarian Option: Hummus Box</p>  <p>Burrito de Frijoles y Queso o Quesadilla</p>	<p><u>Wednesday-16</u> General Tso Chicken Brown Rice Mixed Veggies & Assorted Fruit Or Chicken Cesar Salad Assorted Deli Sandwiches Vegetarian Option: Protein Box w/Bagel</p> <p>Pollo de General Tso</p>	<p><u>Thursday-17</u> Chicken Tenders or Meatball Sub Baked Crinkle Fries Zucchini & Assorted Fruit Or Assorted Deli Sandwiches Vegetarian Option: Bean & Cheese Burrito</p>  <p>Piezas de Pollo</p>	<p><u>Friday-18</u> PIZZA FRIDAY! Cheese or Pepperoni Pizza Tossed Salad & Assorted Fruit Or Assorted Deli Sandwiches Vegetarian Option: Power Pack</p> <p>Pizza de Queso o Salchicha</p>
<p><u>Monday-21</u> Baked Corn Dog Baked Potato Smiles Peas & Assorted Fruit Or Assorted Deli Sandwiches Vegetarian Option: Grilled Cheese Sandwich</p> <p>Perro Caliente Empanizado</p>	<p><u>Tuesday-22</u> Pasta w/Meat Sauce Vegetable Medley & Assorted Fruit Or Chicken Cesar Salad Assorted Deli Sandwiches Vegetarian Option: Protein Box w/Bagel</p>  <p>Pasta con Salsa con Carne</p>	<p><u>Wednesday-23</u> Brunch For Lunch Waffle Sticks Beef Sausage Patty, Baked Tater Tots, 100% Juice Or Assorted Deli Sandwiches Vegetarian Option: Hummus Box</p> <p>Palitos de Waffle</p>	<p><u>Thursday-24</u> Orange Chicken Brown Rice, Steamed Broccoli & Assorted Fruit Or Assorted Deli Sandwiches Vegetarian Option: Bean & Cheese Burrito</p>  <p>Piezas de Pollo Sabor Naranja</p>	<p><u>Friday-25</u> PIZZA FRIDAY! Cheese or Pepperoni Pizza Garden Salad & Assorted Fruit Or Assorted Deli Sandwiches Vegetarian Option: Power Pack</p> <p>Pizza de Queso o Salchicha</p>
<p><u>Monday-28</u> Baked Macaroni Au Gratin, Steamed Broccoli, Assorted Fruit Assorted Deli Sandwiches Vegetarian Option: Grilled Cheese Sandwich</p> <p>Macarrones</p>	<p><u>Tuesday-29</u> Roasted Chicken Baked Cross Trax Fries, Assorted Fruit Vegetarian Option: Protein Box w/Bagel</p> <p>Pollo Rostizado</p>	<p><u>Wednesday-30</u> Baked Chicken Strips Baked Potato Smiles Peas Assorted Fruit Chicken Cesar Salad Assorted Deli Sandwiches Vegetarian Option: Hummus Box</p> <p>Pollo al Horno</p>	<p><u>Thursday-31</u> Meatball Sub Baked Crinkle Fries Zucchini & Assorted Fruit or Assorted Deli Sandwiches Vegetarian Option: Bean & Cheese Burrito</p> <p>Sandwich de Carne Molida</p>	

HARVEST OF THE MONTH

Health and Learning Success Go Hand-in-Hand: Eating nutrient-rich foods like fruits and vegetables can help children do better in school. With *Harvest of the Month*, you can set a positive example and put your child on the road to health and learning success.









Healthy Fun Facts and Serving Ideas:

- Cucumbers are a good source of Vitamin K. Cucumbers are about 96% water.
- Serve sliced cucumbers with low fat yogurt dip for a healthy snack.
- Eat a cool, crisp cucumber for a thirst quenching snack.

Produce Tips:

- There are many different types of cucumbers such as apple, lemon, Japanese, Persian or English cucumbers.
- Choose firm cucumbers with smooth skins. Avoid cucumbers that have shriveled ends or blemishes
- Store cucumbers in a cool, dry place for up to one week, or keep in refrigerator.

 Cycle Date	2-Week Cycle Elementary Breakfast Menu				
	 Menu is Subject to Change without notice				
Cycle 1 Sept 2-6 Sept 16-20	Coffee Cake Or Cereal w/ Graham Crackers	Croissant w/Sausage & Egg Or Cereal w/ String Cheese	Mini Pancakes Or Cereal w/ Graham Crackers	Assorted Muffin w/ Yogurt Or Cereal w/ String Cheese	Banana Bread Or Cereal w/ Graham Crackers
Cycle 2 Sept 9-13 Sept 23-27	Scrambled Eggs w/Hash Browns 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

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-\$2.50
 Lunch-\$4.75