





# SMMUSD September Elementary Lunch

\*Menu Subject to change

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

<p><b><u>Monday-2</u></b></p> <p><b>No School</b></p> <p><b>Labor Day</b></p>	<p><b><u>Tuesday-3</u></b></p> <p><b>Baked Breaded Chicken Drumstick</b> or <b>Turkey Club Sandwich</b> Mashed Potatoes w/Gravy Corn &amp; Assorted Fruit Or Assorted Deli Sandwiches  Vegetarian Option: Hummus Box  Pollo Empanizado o Sandwich de Carne de Pavo</p>	<p><b><u>Wednesday-4</u></b></p> <p><b>Roasted Chicken</b> Baked Cross Trax Fries &amp; Assorted Fruit or Southwest Chicken Salad Assorted Deli Sandwiches  Vegetarian Option: Protein Box w/Bagel  Pollo Horneado</p>	<p><b><u>Thursday-5</u></b></p> <p><b>Beef Taco</b> Hard or Soft Spanish Rice, Corn &amp; Assorted Fruit or Assorted Deli Sandwiches  Vegetarian Option: Bean &amp; Cheese Burrito  Taco de Res</p>	<p><b><u>Friday-6</u></b></p> <p><b>PIZZA FRIDAY!</b> Cheese or Pepperoni Pizza Green Salad &amp; Assorted Fruit or Assorted Deli Sandwiches Vegetarian Option: Power Pack  Pizza de Queso o Salchicha</p>
<p><b><u>Monday- 9</u></b></p> <p><b>Hamburgers</b> On Whole Grain Bun w/Baked Fries Fresh Fruit and Veggie Bar or Assorted Deli Sandwiches Vegetarian Option: Homemade Grilled Cheese Sandwich  Perro Caliente y Hamburguesa de Res</p>	<p><b><u>Tuesday- 10</u></b></p> <p><b>Taco Salad/w Turkey Taco Meat</b> Rice, Corn, &amp; Refried Beans Assorted Fruit or Assorted Deli Sandwiches Vegetarian Option: Hummus Box  Ensalada de Taco con Carne de Pavo</p>	<p><b><u>Wednesday-11</u></b></p> <p><b>Brunch For Lunch</b></p> <p><b>French Toast Sticks,</b> 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><b><u>Thursday-12</u></b></p> <p><b>Crispy Chicken Sandwich</b> Baked Potato Wedges Assorted Fruit  or Assorted Deli Sandwiches Vegetarian Option: Bean &amp; Cheese Burrito  Sandwich de Pollo Empanizado</p>	<p><b><u>Friday-13</u></b></p> <p><b>PIZZA FRIDAY!</b> Cheese or Pepperoni Pizza Green Salad &amp; Assorted Fruit or Assorted Deli Sandwiches Vegetarian Option: Power Pack  Pizza de Queso o Salchicha</p>
<p><b><u>Monday-16</u></b></p> <p><b>All-Beef Holdog or Beef Rib BBQ Sandwich</b> Vegetarian Beans &amp; Assorted Fruit or Assorted Deli Sandwiches Vegetarian Option: Homemade Grilled Cheese Sandwich  Perro Caliente de Res o Sandwich de Costillas de Res</p>	<p><b><u>Tuesday-17</u></b></p> <p><b>Bean and Cheese Burrito or Quesadilla</b> Corn, Mexican Rice &amp; Assorted Fruit or  Assorted Deli Sandwiches Vegetarian Option: Hummus Box  Burrito de Frijoles y Queso O Quesadilla</p>	<p><b><u>Wednesday-18</u></b></p> <p><b>General Tso Chicken</b> Brown Rice Mixed Veggies &amp; Assorted Fruit or Chicken Cesar Salad Assorted Deli Sandwiches Vegetarian Option: Protein Box w/Bagel  Pollo de General Tso</p>	<p><b><u>Thursday-19</u></b></p> <p><b>Chicken Tenders or Meatball Sub</b> Baked Crinkle Fries Zucchini &amp; Assorted Fruit or  Assorted Deli Sandwiches Vegetarian Option: Bean &amp; Cheese Burrito Piezas de Pollo</p>	<p><b><u>Friday-20</u></b></p> <p><b>PIZZA FRIDAY!</b> Cheese or Pepperoni Pizza Tossed Salad &amp; Assorted Fruit Assorted Deli Sandwiches Vegetarian Option: Power Pack  Pizza de Queso o Salchicha</p>
<p><b><u>Monday-23</u></b></p> <p><b>Baked Corn Dog</b> Baked Potato Smiles Peas &amp; Assorted Fruit or Assorted Deli Sandwiches Vegetarian Option: Homemade Grilled Cheese Sandwich Perro Caliente Empanizado</p>	<p><b><u>Tuesday-24</u></b></p> <p><b>Pasta w/Meat Sauce</b> Vegetable Medley &amp; Assorted Fruit or  Chicken Cesar Salad Assorted Deli Sandwiches Vegetarian Option: Protein Box w/Bagel  Pasta con Salsa con Carne</p>	<p><b><u>Wednesday-25</u></b></p> <p><b>Brunch For Lunch</b></p> <p><b>Waffle Sticks</b> Beef Sausage Patty, Baked Tater Tots, 100% Juice or Assorted Deli Sandwiches Vegetarian Option: Hummus Box  Palitos de Waffle</p>	<p><b><u>Thursday-26</u></b></p> <p><b>Orange Chicken</b> Brown Rice, Steamed Broccoli &amp; Assorted Fruit or  Assorted Deli Sandwiches Vegetarian Option: Bean &amp; Cheese Burrito Piezas de Pollo Sabor Naranja</p>	<p><b><u>Friday-27</u></b></p> <p><b>PIZZA FRIDAY!</b> Cheese or Pepperoni Pizza Garden Salad &amp; Assorted Fruit Assorted Deli Sandwiches Vegetarian Option: Power Pack  Pizza de Queso o Salchicha</p>
<p><b><u>Monday-30</u></b></p> <p><b>No School</b></p> <p><b>Local Holiday</b></p>				<p><b>Daily Milk Options:</b> 1% White – Breakfast &amp; Lunch Nonfat White –Breakfast &amp; Lunch Nonfat Chocolate – Lunch Only</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.

2-Week Cycle Elementary Breakfast Menu					
 Cycle Date	 Menu is Subject to Change without notice				
<u>Cycle 1</u> Sept	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
<u>Cycle 2</u>	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
<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