

CUPERTINO UNION SCHOOL DISTRICT

Elementary Lunch Menu—August & September 2008



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	AVERAGE NUTRIENTS
		20 SEND IN ORDER ENVELOPES	21 ***FIRST DAY OF SCHOOL*** JUMBO CHICKEN CORN DOG W/ TATER TOTS *BEAN & CHEESE BURRITO CELERY STICKS/CHILLED PEACHES "WELCOME BACK COOKIE" MILK	22 CHEESE PIZZA *CHEESE PIZZA GARDEN SALAD FRESH ORANGE WEDGES CHOCOLATE GRAHAM BEARS MILK	Calories 672 Total Fat 31 % Protein 27 G Calcium 531 Mg Iron 5.3 Mg Vitamin C 33 Mg Vitamin A 3219 IU
25 TOASTED CHEESE SANDWICH *TOASTED CHEESE SANDWICH BABY CARROTS/RANCH DIP CHILLED PEACHES ANIMAL CRACKERS MILK	26 CHICKEN PATTY/BUN W/TATER TOTS *CHEESE QUESADILLA CHILLED PEARS FRUIT SNACKS MILK	27 CHEESE PIZZA *CHEESE PIZZA GARDEN SALAD LUNCH BUNCH GRAPES GIANT CINNAMON GOLDFISH MILK	28 BEEF TERIYAKI DIPPERS W/ STEAMED WHITE RICE *VEGETARIAN CHILI-CHEESE W/RICE CUCUMBER COINS FRESH STRAWBERRIES MILK	29 CHICKEN BAGEL DOG *VEGETARIAN HOT DOG/BUN W/ VEGGIE BEANS POTATO SALAD FRUIT LEATHER DOUBLE CHOCOLATE CHIP COOKIE MILK	Calories 670 Total Fat 30 % Protein 28 G Calcium 600 Mg Iron 3.7 Mg Vitamin C 29 Mg Vitamin A 3223 IU
1 LABOR DAY HOLIDAY	2 TURKEY TACO POCKET *BEAN & CHEESE BURRITO MIXED FRUIT CARROT STICKS STRAWBERRY GOLDFISH CRACKERS MILK	3 MINI TURKEY CORN DOGS *CHEESE CALZONE TATER TOTS ORANGE WEDGES MUNCHIE MIX MILK	4 NACHOS/TORTILLA CHIPS *NACHOS/TORTILLA CHIPS VEGETARIAN REFRIED BEANS FRESH APPLE SALSA MILK	5 BEEF TERIYAKI PATTY/WHEAT BUN W/TATER TOTS *GARDEN BURGER/BUN W/REFRIED BEANS LETTUCE/PICKLE CUP FRUIT JUICEE MILK	Calories 596 Total Fat 27 % Protein 25 G Calcium 396 Mg Iron 5.3 Mg Vitamin C 34 Mg Vitamin A 5125 IU
8 BEAN & CHEESE BURRITO *BEAN & CHEESE BURRITO BABY CARROTS/RANCH DIP CHILLED PEARS TINY TWIST PRETZELS MILK	9 CHEESE PIZZA *CHEESE PIZZA GARDEN SALAD LUNCH BUNCH GRAPES OATMEAL RAISIN COOKIE MILK	10 HOT DOG (CHICKEN) ON A BUN *VEGETARIAN HOT DOG/BUN W/ VEGGIE BEANS TATER TOTS PETITE BANANA ANIMAL CRACKERS MILK	11 TURKEY & VEGETABLE EGG ROLL STEAMED WHITE RICE *VEGGIE CURRY W/CHEESE CUBES CUCUMBER COINS FRESH STRAWBERRIES MILK	12 MINI CHEESEBURGERS *CHEESE BREAD POTATO SALAD CHILLED PEACHES SUGAR COOKIE MILK	Calories 642 Total Fat 28 % Protein 25 G Calcium 458 Mg Iron 4.1 Mg Vitamin C 19 Mg Vitamin A 3140 IU
15 TURKEY PIZZA POCKET *BEAN & CHEESE BURRITO BABY CARROTS CHILLED PEARS CHOCOLATE GRAHAM BEARS MILK	16 CHICKEN NUGGETS W/BISCUIT *CHEESE CALZONE GARDEN SALAD APPLESAUCE CHEDDAR CHEESE CRACKERS MILK	17 NACHOS/TORTILLA CHIPS *NACHOS/TORTILLA CHIPS VEGETARIAN REFRIED BEANS CHILLED MIXED FRUIT CUP SALSA MILK	18 CHEESE PIZZA *CHEESE PIZZA CELERY STICKS FRESH APPLE CHOCOLATE CHIP COOKIE MILK	19 STAFF LEARNING DAY (NO SCHOOL) 	Calories 653 Total Fat 28 % Protein 28 G Calcium 440 Mg Iron 4.7 Mg Vitamin C 12 Mg Vitamin A 3811 IU
22 TOASTED CHEESE SANDWICH *TOASTED CHEESE SANDWICH GARDEN SALAD CHILLED PEACHES LEMON GRAHAM COOKIES MILK	23 HAMBURGER/WHEAT BUN W/TATER TOTS *BEAN & CHEESE BURRITO LETTUCE/PICKLE CUP GIANT CINNAMON GOLDFISH FRUIT JUICEE MILK	24 CHEESE PIZZA *CHEESE PIZZA GARDEN SALAD CHILLED APPLESAUCE MUNCHIE MIX MILK	25 BEEF TERIYAKI DIPPERS W/ STEAMED WHITE RICE *VEGETARIAN EGG ROLL W/CHEESE CUBES GARDEN SALAD LUNCH BUNCH GRAPES MILK	26 CHICKEN PATTY/BUN W/TATER TOTS *GARDEN BURGER/BUN W/ REFRIED BEANS BABY CARROTS FRUIT LEATHER MILK	Calories 649 Total Fat 27 % Protein 29 G Calcium 457 Mg Iron 4.1 Mg Vitamin C 36 Mg Vitamin A 5740 IU

* = VEGETARIAN ENTRÉE

MEAL PRICES

STUDENT LUNCH WITH MILK	\$2.75
STUDENT REDUCED LUNCH	.40
MILK OR JUICE	.75
ADULT LUNCH	\$3.25
(ALL LUNCHES INCLUDE MILK)	



CHECKS PAYABLE TO **C.U.S.D. STUDENT NUTRITION SERVICES**
CHECKS RETURNED FROM THE BANK WILL HAVE A \$12.50 SERVICE CHARGE.

To prepay for your student's meal online log on to
www.paypams.com or call PAMS Lunchroom at
1-888-994-5100.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

PARENTS CORNER:

1. A STUDENT WITH INSUFFICIENT FUNDS ON THEIR ACCOUNT WILL BE REQUIRED TO HAVE CASH TO PARTICIPATE IN THE LUNCH PROGRAM.
2. FOR ALL RETURNED CHECKS, PARENTS MUST SEND CASH WITH THEIR CHILD FOR MEALS UNTIL THE CHILD'S ACCOUNT IS CURRENT.
3. YOUR CHILD MAY BE SERVED AN ALTERNATE FOOD ITEM IF HE/SHE HAS A NEGATIVE BALANCE OR DOES NOT HAVE MONEY FOR MEALS.
4. YOUR CHILD WILL HAVE A CHOICE OF 1 OUT OF 2 ENTREES FOR LUNCH. PLEASE REVIEW THE MENU DAILY WITH YOUR CHILD TO HELP HIM/HER DECIDE ON A CHOICE OF ENTRÉE.
5. SCHOOL LUNCHES MUST BE CONSUMED ON CAMPUS.



Menu subject to change