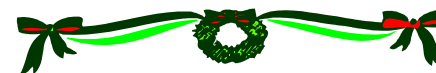


CUPERTINO UNION SCHOOL DISTRICT DECEMBER 2008 - ELEMENTARY LUNCH MENU

http://cupertino.ca.campusgrid.net/home/Business+Services/Student+Nutrition+Services

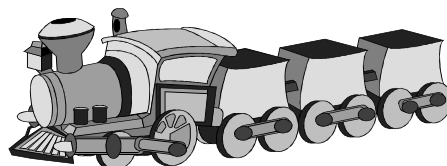


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	AVERAGE NUTRIENTS
1 CHICKEN BAGEL DOG *BEAN & CHEESE BURRITO TORTILLA CHIPS SALSA FRESH APPLE WEDGES MILK	2 CHICKEN NUGGETS W/TATER TOTS *VEGGIE HOT DOG/BUN W/VEGGIE BEANS GARDEN SALAD CHILLED MIXED FRUIT OATMEAL RAISIN COOKIE MILK	3 BRUNCH FOR LUNCH DAY! PANCAKES W/SYRUP/BEEF SAUSAGE *PANCAKES/SYRUP/CHEESE CUBES ORANGE JUICE FRESH KIWI WEDGES ANIMAL CRACKERS MILK	4 TOASTED CHEESE SANDWICH *TOASTED CHEESE SANDWICH CELERY STICKS FRESH ORANGE WEDGES CHOCOLATE GRAHAM COOKIES MILK	5 CHICKEN FAJITA W/STEAMED RICE *VEGETARIAN EGGROLL W/CHEESE SALAD CHILLED PEARS LEMON GRAHAM CRACKERS MILK	Calories 639 Total Fat 31 % Protein 24 G Calcium 382 Mg Iron 3.6 Mg Vitamin C 40 Mg Vitamin A 2510 IU
8 TURKEY TACO POCKET *VEGETARIAN BEANS & RICE POCKET CELERY STICKS CHILLED APPLESAUCE CHEDDAR CHEESE CRACKERS MILK	9 MINI CHEESEBURGERS *CHEESE BREAD SALAD/PICKLE CUP FRESH APPLE WEDGES CHOCOLATE CHIP COOKIE MILK	10 CHEESE PIZZA *CHEESE PIZZA GARDEN SALAD CHILLED PEACHES MUNCHIE MIX MILK	11 MANDARIN ORANGE CHICKEN W/ STEAMED WHITE RICE *TOASTED CHEESE SANDWICH BABY CARROTS FRESH KIWI WEDGES TINY TWIST PRETZELS MILK	12 CHICKEN PATTY/WHEAT BUN W/TATER TOTS *GARDEN BURGER/BUN W/REFRIED BEANS LETTUCE/PICKLE CUP SUGAR COOKIE MILK	Calories 669 Total Fat 28 % Protein 32 G Calcium 466 Mg Iron 4.1 Mg Vitamin C 32 Mg Vitamin A 4139 IU
15 NEW! BBQ TURKEY POCKET *VEGETARIAN BEANS & RICE POCKET BABY CARROTS CHILLED APPLESAUCE ANIMAL CRACKERS MILK	16 CORN DOG W/ TATER TOTS *CHEESE CALZONE CELERY STICKS MIXED FRUIT CUP DOUBLE CHOCOLATE CHIP COOKIE MILK	17 TERIYAKI BEEF DIPPERS W/ STEAMED WHITE RICE *VEGETARIAN CURRY/CHEESE CUBES CUCUMBER COINS FRESH APPLE WEDGES RAISIN PACK STRAWBERRY GOLDFISH CRACKERS MILK	18 FISH NUGGETS (TROUT) W/ TATER TOTS *VEGETARIAN BEANS & CHEESE GARDEN SALAD FRUIT JUICEE (100% JUICE) OATMEAL RAISIN COOKIE MILK	19 BEEF PATTY/WHEAT BUN *GARDEN BURGER/BUN/CHEESE LETTUCE/PICKLE CUP CHILLED PEARS CUP HOLIDAY COOKIE MILK	Calories 684 Total Fat 28 % Protein 28 G Calcium 432 Mg Iron 4.9 Mg Vitamin C 21 Mg Vitamin A 4138 IU

* = VEGETARIAN ENTRÉE

WINTER BREAK DECEMBER 22, 2008 THROUGH JANUARY 2, 2009

Cheese Pizza is now lower fat (29% calories from fat) and higher in fiber (made with whole grains).



(SUPERINTENDENT'S MESSAGE ON REVERSE)

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

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

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

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

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