







# CUPERTINO UNION SCHOOL DISTRICT

## JANUARY 2009 - ELEMENTARY LUNCH MENU

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	AVERAGE NUTRIENTS
5 TOASTED CHEESE SANDWICH *TOASTED CHEESE SANDWICH CHILLED APRICOTS FRUIT LEATHER ANIMAL CRACKERS MILK 	6 <b>BREAKFAST FOR LUNCH!</b> FRENCH TOAST STICKS W/SYRUP BEEF SAUSAGE PATTY *FRENCH TOAST STICKS W/CHEESE CUBES CHILLED PEARS ORANGE JUICE CHOCOLATE CHIP COOKIE MILK	7 CHEESE PIZZA *CHEESE PIZZA GARDEN SALAD FRESH KIWI MUNCHIE MIX MILK	8 CHICKEN PATTY/BUN W/TATER TOTS *GARDEN BURGER/BUN W/ CHEESE GARDEN SALAD FRESH APPLE SLICES OATMEAL RAISIN COOKIE MILK	9 CHICKEN TERIYAKI W/STEAMED WHITE RICE *CHEESE CALZONE FRESH ORANGE WEDGES CELERY STICKS CHOCOLATE BEAR GRAHAMS MILK	Calories 734 Total Fat 28 % Protein 30 G Calcium 474 Mg Iron 4.4 Mg Vitamin C 53 Mg Vitamin A 2939 IU
12 TURKEY TACO POCKET *VEGETARIAN BEAN & RICE POCKET GARDEN SALAD CHEDDAR CHEESE CRACKERS CHILLED APRICOTS MILK	13 HAMBURGER/WHEAT BUN W/TATER TOTS *GARDEN BURGER/WHEAT BUN W/ VEGETARIAN BEANS BABY CARROTS TINY TWIST PRETZELS MILK	14 CHICKEN NUGGETS W/ TATER TOTS *BEAN & CHEESE BURRITO WHOLE WHEAT ROLL PETITE BANANA FRUIT SNACKS MILK 	15 MANDARIN ORANGE CHICKEN W/STEAMED WHITE RICE *VEGETARIAN EGG ROLL W/ RICE & CHEESE CUBES JICAMA STICKS FRESH APPLE SLICES STRAWBERRY GOLDFISH CRACKERS MILK	16 WRAPPED CHEESE PUPPY (CHICKEN FRANK) *CHEESE BREAD CHILLED MIXED FRUIT CUP FRUIT LEATHER SOUND BITE COOKIES MILK	Calories 676 Total Fat 27 % Protein 30 G Calcium 570 Mg Iron 5.5 Mg Vitamin C 24 Mg Vitamin A 3286 IU 
19 <b>MARTIN LUTHER KING DAY                      SCHOOL HOLIDAY</b> 	20 MINI CHEESEBURGERS *TOASTED CHEESE SANDWICH TORTILLA CHIPS SALSA CHILLED PEARS MILK	21 CHEESE PIZZA *CHEESE PIZZA GARDEN SALAD FRESH APPLE DOUBLE CHOCOLATE COOKIE MILK	22 CHICKEN PATTY/BUN W/TATER TOTS *VEGETARIAN HOT DOG/BUN VEGETARIAN BEANS CHILLED PEACHES LEMON GRAHAM CRACKERS MILK	23 BEEF TERIYAKI DIPPERS W/STEAMED WHITE RICE *VEGETARIAN CURRY W/ CHEESE CUBES GARDEN SALAD ORANGE WEDGES ANIMAL CRACKERS MILK	Calories 714 Total Fat 28 % Protein 32 G Calcium 470 Mg Iron 4.5 Mg Vitamin C 20 Mg Vitamin A 2871 IU
26 TOASTED CHEESE SANDWICH *TOASTED CHEESE SANDWICH CELERY STICKS CHILLED PEARS GIANT CINNAMON GOLDFISH MILK 	27 <b>BREAKFAST FOR LUNCH!</b> WAFFLE W/SYRUP BEEF SAUSAGE PATTY *WAFFLE W/CHEESE CUBES CHILLED PEACHES ORANGE JUICE SUGAR COOKIE MILK	28 CHICKEN NUGGETS & BISCUIT *CHILI CHEESE WRAP CUCUMBER COINS MUNCHIE MIX CHILLED APRICOTS MILK	29 CHEESE PIZZA *CHEESE PIZZA GARDEN SALAD FRESH APPLE SLICES TINY TWIST PRETZELS MILK 	30 HAMBURGER/WHEAT BUN W/TATER TOTS *CHEESE CALZONE CHILLED APPLESAUCE OATMEAL RAISIN COOKIE MILK	Calories 742 Total Fat 30 % Protein 30 G Calcium 429 Mg Iron 4.3 Mg Vitamin C 17 Mg Vitamin A 2226 IU

\* = VEGETARIAN ENTRÉE

WINTER CAFETERIA WORK AVAILABLE! CALL NOW: 252-3000 EXT. 302 FOR MORE DETAILS.

### MEAL PRICES

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

(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 CHARGE.

To prepay for your student's meal online log on to  
[www.paypams.com](http://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