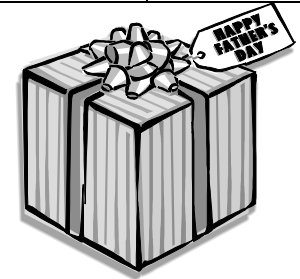
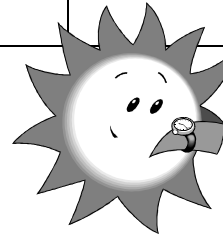
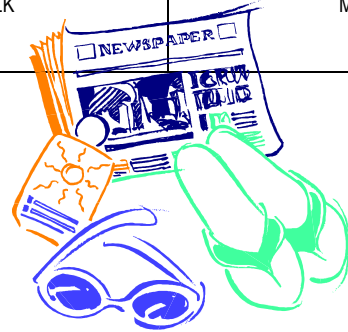


CUPERTINO UNION SCHOOL DISTRICT

JUNE 2009 - ELEMENTARY LUNCH MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	AVERAGE NUTRIENTS
1 TURKEY TACO POCKET *CHILI CHEESE WRAP JICAMA STICKS MIXED FRUIT CUP CINNAMON GOLDFISH CRACKERS MILK	2 CHICKEN NUGGETS W/TATER TOTS *CHEESE BREAD WHOLE WHEAT ROLL SQUIGGLES FRUIT LEATHER CHILLED APPLESAUCE MILK	3 CHICKEN PATTY/WHEAT BUN W/TATER TOTS *GARDEN BURGER/BUN W/VEGGIE BEANS FRESH APPLE SLICES MUNCHIE MIX MILK	4 CHICKEN TERIYAKI *MINI CHEESE QUESADILLAS STEAMED WHITE RICE GARDEN SALAD CHILLED PEARS DOUBLE CHOCOLATE CHIP COOKIE MILK	5 CHICKEN BAGEL DOG *CHEESE BREAD STICK W/YOGURT BABY CARROTS ORANGE WEDGES OATMEAL RAISIN COOKIE MILK	Calories 722 Total Fat 27 % Protein 31 G Calcium 497 Mg Iron 4.1 Mg Vitamin C 36.4 Mg Vitamin A 2550 IU
8 MINI CHEESEBURGERS *CHEESE CALZONE CELERY STICKS CHILLED PEACHES STRAWBERRY GOLDFISH CRACKERS MILK	9 BEAN & CHEESE BURRITO *BEAN & CHEESE BURRITO SALSA/ TORTILLA CHIPS CHILLED PEARS MILK	10 CHEESE PIZZA *CHEESE PIZZA GARDEN SALAD FRESH APPLE SLICES PRETZELS MILK	11 TOASTED CHEESE SANDWICH *TOASTED CHEESE SANDWICH POTATO SALAD CHILLED PEACHES FRUIT JUICEE MILK	12 LAST DAY OF SCHOOL COOK'S CHOICE *VEGETARIAN COOK'S CHOICE FRUIT LEATHER CHILLED APPLESAUCE COOKIE MILK	Calories 763 Total Fat 24 % Protein 33 G Calcium 680 Mg Iron 4.2 Mg Vitamin C 36.6 Mg Vitamin A 1093 IU
15 MURDOCK-PORTAL SCHOOL ONLY JUMBO CHICKEN CORN DOG W/ TATER TOTS *VEGETARIAN HOT DOG/BUN W/ VEGETARIAN BEANS TORTILLA CHIPS CHILLED PEARS MILK	16 MURDOCK-PORTAL SCHOOL ONLY TURKEY TACO POCKET *VEGGIE BEAN & RICE POCKET FRUIT LEATHER CHILLED PEACHES CHOCOLATE GRAHAM COOKIES MILK	17 MURDOCK-PORTAL SCHOOL ONLY CHEESE PIZZA *CHEESE PIZZA FRUIT JUICEE CHILLED APPLESAUCE STRAWBERRY GOLDFISH CRACKERS MILK	18 MURDOCK-PORTAL SCHOOL ONLY MINI CHEESEBURGERS *VEGGIE BEAN & RICE POCKET FRESH APPLE SLICES FRUIT LEATHER COOKIE MILK	19 MURDOCK-PORTAL SCHOOL ONLY LAST DAY OF SCHOOL COOK'S CHOICE *VEGETARIAN COOK'S CHOICE FRESH FRUIT FRUIT JUICEE COOKIE MILK	Calories 752 Total Fat 26 % Protein 33 G Calcium 591 Mg Iron 4.3 Mg Vitamin C 60 Mg Vitamin A 987 IU



* = VEGETARIAN ENTRÉE

MEAL PRICES

STUDENT LUNCH WITH MILK	\$2.75
STUDENT REDUCED LUNCH	.40
MILK OR JUICE	.75
ADULT LUNCH	\$3.25
(ALL LUNCHESES 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 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 LUNCHESES MUST BE CONSUMED ON CAMPUS.

Menu
subject
to
change