

CUPERTINO UNION SCHOOL DISTRICT

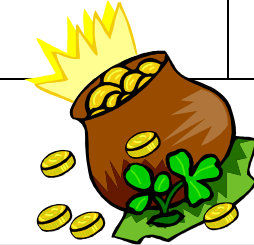
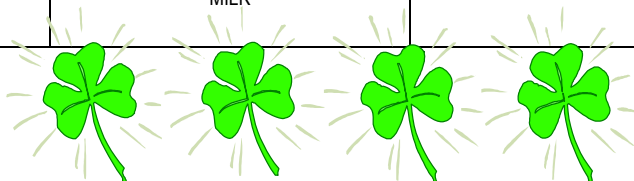
MARCH 2009 - ELEMENTARY LUNCH MENU



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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	AVERAGE NUTRIENTS
2 TURKEY PIZZA POCKET *VEGGIE BEAN & RICE POCKET JICAMA STICKS CHILLED PEARS CHOCOLATE BEAR GRAHAMS MILK	3 CHICKEN PATTY/WHEAT BUN W/ TATER TOTS *GARDEN BURGER/WHEAT BUN W/ CHEESE CELERY STICKS OATMEAL RAISIN COOKIE MILK	4 CHEESE PIZZA *CHEESE PIZZA GARDEN SALAD FRESH ORANGE WEDGES CHEDDAR CHEESE CRACKERS MILK	5 MANDARIN ORANGE CHICKEN *VEGGIE EGGROLL W/CHEESE STEAMED WHITE RICE CELERY STICKS CHILLED PEACHES LEMON GRAHAM COOKIE MILK	6 TOASTED CHEESE SANDWICH *TOASTED CHEESE SANDWICH GARDEN SALAD CHILLED APPLESAUCE SUGAR COOKIE MILK	Calories 713 Total Fat 26 % Protein 34 G Calcium 593 Mg Iron 3.9 Mg Vitamin C 22.9 Mg Vitamin A 1232 IU
9 CHICKEN BAGEL DOG *BEAN & CHEESE BURRITO GARDEN SALAD CHILLED PEARS STRAWBERRY GOLDFISH CRACKERS MILK	10 BREADED CHICKEN NUGGETS W/ TATER TOTS *CHILI CHEESE WRAP WHOLE WHEAT ROLL BABY CARROTS FRUIT LEATHER MILK	11 CHEESE PIZZA *CHEESE PIZZA ZUCCHINI STICKS MUNCHIE MIX CHILLED MIXED FRUIT MILK	12 NACHOS/TORTILLA CHIPS *NACHOS/TORTILLA CHIPS VEGETARIAN REFRIED BEANS SALSA FRESH KIWI WEDGES MILK	13 MINI CHEESEBURGERS **NEW* MINI QUESADILLA CELERY STICKS FRESH APPLE OATMEAL RAISIN COOKIE MILK	Calories 677 Total Fat 24 % Protein 30 G Calcium 604 Mg Iron 4.5 Mg Vitamin C 32.7 Mg Vitamin A 2573 IU
16 STAFF LEARNING DAY (NO SCHOOL)	17 BREADED CHICKEN NUGGETS W/ BISCUIT **NEW* YOGURT W/ HOT CHEESE BREAD STICK GARDEN SALAD FRESH APPLE WEDGES GOOD LUCK SHAMROCK COOKIE MILK	18 MACARONI & CHEESE *MACARONI & CHEESE JICAMA STICKS WHOLE WHEAT ROLL PETITE BANANA CHOCOLATE GRAHAM COOKIES MILK	19 CHEESE PIZZA *CHEESE PIZZA CELERY STICKS SOUND BITE COOKIES CHILLED APPLESAUCE MILK	20 CHICKEN TERIYAKI *VEGETABLE CURRY/CHEESE CUBES STEAMED WHITE RICE BABY CARROTS CHILLED PEACHES DOUBLE CHOCOLATE CHIP COOKIE MILK	Calories 702 Total Fat 27 % Protein 32 G Calcium 614 Mg Iron 4.1 Mg Vitamin C 18.4 Mg Vitamin A 3225 IU
23 TURKEY TACO POCKET *VEGGIE BEAN & RICE POCKET CARROT STICKS GARDEN SALAD ANIMAL CRACKERS MILK	24 BREAKFAST FOR LUNCH! BELGIAN WAFFLE W/SYRUP BEEF SAUSAGE PATTY *WAFFLE W/CHEESE CUBES CHILLED APPLESAUCE ORANGE JUICE OATMEAL RAISIN COOKIE MILK	25 "NEW" CHIPOLTE BEEF PATTY W/ TATER TOTS W/WHOLE WHEAT BUN *VEGETARIAN HOT DOG/MWW BUN W/ VEGGIE BEANS GARDEN SALAD MUNCHIE MIX FRESH KIWI WEDGES MILK	26 PEPPERONI PIZZA *CHEESE BREAD CUCUMBER COINS CHILLED PEACHES CHOCOLATE CHIP COOKIE MILK	27 FISH NUGGET (TROUT) *VEGGIE EGG ROLL/CHEESE CUBES STEAMED WHITE RICE GARDEN SALAD FRESH ORANGE WEDGES CHEDDAR CHEESE CRACKERS MILK	Calories 716 Total Fat 27 % Protein 33 G Calcium 569 Mg Iron 4.1 Mg Vitamin C 41.8 Mg Vitamin A 2532 IU



* = VEGETARIAN ENTRÉE

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)	

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*