



# CUPERTINO UNION SCHOOL DISTRICT

## MAY 2009 - ELEMENTARY LUNCH MENU

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	AVERAGE NUTRIENTS
27 TURKEY PIZZA POCKET *VEGGIE BEAN & RICE POCKET ZUCCHINI STICKS CHILLED PEARS STRAWBERRY GOLDFISH COOKIES MILK	28 BEEF TERIYAKI PATTY/WHEAT BUN W/ TATER TOTS *CHILI CHEESE WRAP JICAMA STICKS <b>NEW</b> "SQUIGGLES FRUIT LEATHER" ANIMAL CRACKERS MILK	29 BBQ CHICKEN DRUMSTICK W/ MASHED POTATOES *MASHED POTATOES W/ CHILI & CHEESE WHEAT ROLL BABY CARROTS CHILLED PEACHES SUGAR COOKIE MILK	30 CHEESE PIZZA *CHEESE PIZZA GARDEN SALAD FRESH APPLE SLICES CINNAMON GOLDFISH CRACKERS MILK	1 NACHOS/TORTILLA CHIPS *NACHOS/TORTILLA CHIPS VEGETARIAN REFRIED BEANS SALSA CHILLED MIXED FRUIT MILK	Calories 751 Total Fat 26 % Protein 35 G Calcium 632 Mg Iron 4.3 Mg Vitamin C 39 Mg Vitamin A 2524 IU
4 BEAN & CHEESE BURRITO *BEAN & CHEESE BURRITO GARDEN SALAD CHILLED PEARS <b>NEW</b> "SQUIGGLES FRUIT LEATHER" MILK	5 MINI CHEESEBURGERS *GARDEN BURGER/WHEAT BUN W/ CHEESE CELERY STICKS CHEDDAR CHEESE CRACKERS CHILLED APPLESAUCE MILK	6 FISH NUGGETS *VEGETABLE EGG ROLL W/CHEESE STEAMED WHITE RICE GARDEN SALAD FRESH APPLE SLICES MUNCHIE MIX MILK	7 CHEESE PIZZA *CHEESE PIZZA GARDEN SALAD CHILLED MIXED FRUIT CHOCOLATE GRAHAM COOKIES MILK	8 CHICKEN NUGGETS W/BISCUIT *HOT CHEESE BREAD STICK W/ YOGURT GARDEN SALAD CHILLED PEACHES CHOCOLATE CHIP COOKIE MILK	Calories 747 Total Fat 29 % Protein 32 G Calcium 606 Mg Iron 4.5 Mg Vitamin C 25 Mg Vitamin A 1090 IU
11 TOASTED CHEESE SANDWICH *TOASTED CHEESE SANDWICH GARDEN SALAD FRESH APPLE SLICES SOUND BITE COOKIES MILK	12 TURKEY TACO POCKET *CHILI CHEESE WRAP ZUCCHINI STICKS CHILLED MIXED FRUIT CUP LEMON GRAHAM CRACKERS MILK	13 <b>BREAKFAST FOR LUNCH!</b> PANCAKES W/SYRUP BEEF SAUSAGE PATTY *PANCAKES W/YOGURT CUP CHILLED PEARS ORANGE JUICE OATMEAL RAISIN COOKIE MILK	14 CHEESE PIZZA *CHEESE PIZZA JICAMA STICKS PRETZELS FRESH ORANGE WEDGES MILK	15 CHICKEN TERIYAKI *VEGETARIAN CURRY W/CHEESE CUBES STEAMED WHITE RICE GARDEN SALAD FRUIT JUICE ANIMAL CRACKERS MILK	Calories 685 Total Fat 21 % Protein 32 G Calcium 613 Mg Iron 4.1 Mg Vitamin C 41 Mg Vitamin A 1139 IU
18 MINI CHEESEBURGERS *CHEESE CALZONE BABY CARROTS CHILLED MIXED FRUIT CHEDDAR CHEESE CRACKERS MILK	19 CHICKEN PATTY/WHEAT BUN W/ TATER TOTS *VEGETARIAN HOT DOG/BUN W/ VEGETARIAN BEANS CELERY STICKS CINNAMON GOLDFISH CRACKERS MILK	20 CHEESE PIZZA *CHEESE PIZZA GARDEN SALAD FRESH APPLE MUNCHIE MIX MILK	21 MANDARIN ORANGE CHICKEN *VEGETABLE CURRY/CHEESE STEAMED WHITE RICE JICAMA STICKS WHOLE WHEAT ROLL CHILLED PEACHES DOUBLE CHOCOLATE CHIP COOKIE MILK	22 <b>STAFF LEARNING DAY (NO SCHOOL)</b> 	Calories 795 Total Fat 30 % Protein 34 G Calcium 582 Mg Iron 4.4 Mg Vitamin C 10 Mg Vitamin A 2975 IU
25 <b>MEMORIAL DAY SCHOOL HOLIDAY</b> 	26 CHICKEN BAGEL DOG *MINI CHEESE QUESADILLA BABY CARROTS CHILLED APPLESAUCE TINY TWIST PRETZELS MILK	27 NACHOS/TORTILLA CHIPS *NACHOS/TORTILLA CHIPS VEGETARIAN REFRIED BEANS SALSA FRESH APPLE SLICES FRUIT JUICE MILK	28 HONEY BBQ BEEF RIB PATTY/ WHEAT BUN W/TATER TOTS *GARDEN BURGER/BUN W/ REFRIED BEANS LETTUCE/PICKLE FRUIT SNACKS MILK	29 TURKEY EGG ROLL *VEGETABLE EGG ROLL/CHEESE STEAMED WHITE RICE CUCUMBER COINS CHILLED PEARS SUGAR COOKIE MILK	Calories 701 Total Fat 23 % Protein 31 G Calcium 592 Mg Iron 4.3 Mg Vitamin C 43 Mg Vitamin A 2991 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](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

(SUPERINTENDENT'S MESSAGE ON REVERSE)