



# CUPERTINO UNION SCHOOL DISTRICT

## OCTOBER 2008 - ELEMENTARY LUNCH MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	AVERAGE NUTRIENTS
29 BEAN & CHEESE BURRITO *BEAN & CHEESE BURRITO GARDEN SALAD SALSA TORTILLA CHIPS MILK	30 BAKED CHICKEN *TOASTED CHEESE SANDWICH JICAMA STICKS CHILLED MIXED FRUIT WHOLE WHEAT ROLL MILK	1 TURKEY EGG ROLL W/ STEAMED WHITE RICE *CHEESE BREAD CELERY STICKS CHILLED APPLESAUCE MILK	2 CHEESE PIZZA *CHEESE PIZZA GARDEN SALAD DOUBLE CHOCOLATE CHIP COOKIE FRUIT JUICEE MILK	3 CHICKEN FAJITA W/CHEESE *CHEESE QUESADILLA FRESH APPLE SALSA SUGAR COOKIE MILK	Calories 617 Total Fat 26 % Protein 30 G Calcium 481 Mg Iron 4.7 Mg Vitamin C 23 Mg Vitamin A 3687 IU
6 MINI CHEESEBURGERS *CHEESE CALZONE POTATO SALAD CHILLED PINEAPPLE CUP PRETZELS MILK	7 MINI TURKEY CORN DOGS *VEGETARIAN HOT DOG/BUN VEGETARIAN BEANS CHILLED PEARS OATMEAL RAISIN COOKIE MILK	8 BBQ CHICKEN DRUMSTICK W/ MASHED POTATOES *CHILI CHEESE MASHED POTATOES ZUCCHINI STICKS CHILLED PEACHES MUNCHIE MIX MILK	9 CHICKEN CURRY W/ STEAMED WHITE RICE *CHEESE BREAD GARDEN SALAD LUNCH BUNCH GRAPES STRAWBERRY GOLDFISH COOKIES MILK	10 FISH NUGGETS *VEGETARIAN CURRY W/ CHEESE CUBES GARDEN SALAD ORANGE WEDGES ANIMAL CRACKERS MILK	Calories 687 Total Fat 30 % Protein 30 G Calcium 415 Mg Iron 4.5 Mg Vitamin C 34 Mg Vitamin A 2641 IU
13 TOASTED CHEESE SANDWICH *TOASTED CHEESE SANDWICH CELERY STICKS/RANCH DIP FRESH APPLE CHEDDAR CHEESE CRACKERS MILK	14 TURKEY TACO POCKET *VEGGIE BEAN & RICE POCKET GARDEN SALAD FRUIT LEATHER CHOCOLATE CHIP COOKIE MILK	15 HOT DOG (CHICKEN) ON A BUN W/ TATER TOTS *BEAN BURRITO CHILLED APPLESAUCE CHOCOLATE GRAHAM BEARS MILK	16 NACHOS/TORTILLA CHIPS *NACHOS/TORTILLA CHIPS VEGETARIAN REFRIED BEANS SALSA CHILLED PEACHES MILK	17 BEEF TERIYAKI PATTY/WHEAT BUN W/TATER TOTS *GARDEN BURGER/WHEAT BUN W/ REFRIED BEANS LETTUCE/PICKLE GIANT CINNAMON GOLDFISH MILK	Calories 629 Total Fat 30 % Protein 26 G Calcium 408 Mg Iron 4.1 Mg Vitamin C 22 Mg Vitamin A 1934 IU
20 PIZZA POCKET (TURKEY) *CHEESE CALZONE GARDEN SALAD CHILLED PINEAPPLE LEMON GRAHAM CRACKERS MILK	21 BEAN & CHEESE BURRITO *BEAN & CHEESE BURRITO CUCUMBER STICKS FRUIT JUICEE SUGAR COOKIE MILK	22 CHICKEN NUGGETS *VEGETARIAN HOT DOG/BUN TATER TOTS GARDEN SALAD MIXED FRUIT MUNCHIE MIX MILK	23 CHEESE PIZZA *CHEESE PIZZA GARDEN SALAD APPLE WEDGES FRUIT SNACKS MILK	24 CHICKEN FAJITA W/STEAMED RICE *VEGETARIAN EGG ROLL W/ CHEESE CUBES JICAMA STICKS CHILLED PEACHES ANIMAL CRACKERS MILK	Calories 686 Total Fat 24 % Protein 30 G Calcium 643 Mg Iron 4.6 Mg Vitamin C 28 Mg Vitamin A 4129 IU
27 <b>STAFF LEARNING DAY (NO SCHOOL)</b>	28 CHICKEN PATTY/WHEAT BUN W/ TATER TOTS *GARDEN BURGER W/BUN W/ CHEESE CHILLED MIXED FRUIT CUP PRETZELS MILK	29 TOASTED CHEESE SANDWICH *TOASTED CHEESE SANDWICH GARDEN SALAD APPLESAUCE OATMEAL RAISIN COOKIE MILK	30 CHICKEN BAGEL DOG *CHEESE CALZONE SALAD FRUIT LEATHER CHEDDAR CHEESE CRACKERS MILK	31 CHICKEN NUGGETS/BISCUIT *TOASTED CHEESE SANDWICH BABY CARROTS APPLE WEDGES HALLOWEEN COOKIE MILK	Calories 687 Total Fat 31 % Protein 27 G Calcium 394 Mg Iron 3.9 Mg Vitamin C 23 Mg Vitamin A 3573 IU



**Halloween**

\* = VEGETARIAN ENTRÉE

(SUPERINTENDENT'S MESSAGE ON REVERSE)



### NATIONAL SCHOOL LUNCH WEEK OCTOBER 13-17

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

THIS IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.

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.

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