



**SANTA MONICA-MALIBU UNIFIED SCHOOL DISTRICT
ELEMENTARY LUNCH MENU**

NOVEMBER 2009

***Contains Beef +++Contains Turkey ##Contains Chicken  100% Mozzarella Menu is subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 BAKED CHICKEN ROUND-UPS w/BAKED SEASONED POTATO WEDGES WHEAT ROLL 100% FRUIT STRIP <u>(NEW!!)</u>	3 <i>COOL LUNCH!</i> FARMERS' MARKET SALAD BAR w/+++MINI CORN DOGS	4 <i>BRUNCH FOR LUNCH</i> FRENCH TOAST STICKS w/+++SAUSAGE PATTY HASH BROWNS FRUIT	5 <i>COOL LUNCH!</i> FARMERS' MARKET SALAD BAR w/+++TACO BAR	6 SMART CHEESE PIZZA w/FRESH GREEN SALAD FRESH FRUIT
9 GRILLED CHEESE SANDWICH w/FRESH BABY CARROTS FRESH SEASONAL FRUIT SUN CHIPS	10 <i>COOL LUNCH!</i> FARMERS' MARKET SALAD BAR w/BAKED CHICKEN STRIPS	11 VETERAN'S DAY HOLIDAY	12 <i>COOL LUNCH!</i> FARMERS' MARKET SALAD BAR w/***HONEY GLAZED BBQ SANDWICH ON WHOLE WHEAT ROLL	13  GALAXY DEEP DISH CHEESE PIZZA w/MIXED GREEN SALAD FRESH APPLE
16 <i>NEW ITEM!</i> BAKED CLUX DELUX CHICKEN BREST PATTY SANDWICH ON WHOLE WHEAT BREAD w/BAKED TATER ROUND-ABOUTS FRUIT	17 <i>COOL LUNCH!</i> FARMERS' MARKET SALAD BAR w/+++HOT DOG ON WHOLE WHEAT BUN	18 ALL ELEMENTARY SCHOOL SITES CLOSED	19 <i>COOL LUNCH!</i> FARMERS' MARKET SALAD BAR w/+++TACO BAR	20 CHEESE PIZZA w/FRESH GREEN SALAD 100% FRUIT ICEE JUICEE
23 +++BBQ SLIDERS w/BAKED CROSS TRAX FRIES FRUIT	24 <i>COOL LUNCH!</i> FARMERS' MARKET SALAD w/BAKED CHICKEN GIGGLES TURKEY COOKIE	25 CHEESE PIZZA w/FRESH BABY CARROTS 100% FRUIT STRIP	26 THANKSGIVING HOLIDAY	27 THANKSGIVING HOLIDAY
30 ***MESQUITE GRILLED HAMBURGER ON WHEAT BUN w/BAKED CRISS CUT FRIES FRESH SEASONAL FRUIT	Second Choice Vegetarian Menu: 11/2-11/6 - Yogurt & Pretzels 11/9-11/13 - Cheese Max Stricks w/Marinara Sauce 11/16-11/20 - Toasted Cheese Sandwich 11/23-11/25 - Bean Burrito 11/30 - Quesadilla Students may choose the featured hot lunch, or salad bar, or the Vegetarian option.		Meal Deal for Elementary Sites-20 lunches-\$50.00 ELEMENTARY FULL PRICE BREAKFAST-\$1.25 REDUCED BREAKFAST-\$0.30 ELEMENTARY FULL PRICE LUNCH-\$3.00 REDUCED LUNCH-\$0.40	


A variety of milk is offered daily- Best source of calcium

FARMERS' MARKET SALAD BAR IS OFFERED DAILY AS AN ALTERNATIVE TO THE HOT LUNCH



Harvest of the Month
Farm Fresh Kiwi from Harry Nicholas Farm Central Valley, CA

Kiwis are rich in Vitamin C. They are rich in lutein which reduces the risk of cancer. Kiwis are also low in sodium, high in potassium. They help protect against heart disease, diabetes, and help control blood pressure.

An extra serving of fruits & vegetables is offered daily!