



Elementary Lunch Menu—August & September 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	AVERAGE NUTRIENTS
BACK TO SCHOOL					
		19 SEND IN ORDER ENVELOPES	20 ***FIRST DAY OF SCHOOL*** JUMBO CHICKEN CORN DOG W/ TATER TOTS *BEAN & CHEESE BURRITO CELERY STICKS/CHILLED PEACHES "WELCOME BACK COOKIE" MILK	21 MINI CHEESEBURGERS *CHEESE BREAD GARDEN SALAD FRESH ORANGE WEDGES CHOCOLATE GRAHAM BEARS MILK	Calories 793 Total Fat 35 % Protein 30 G Calcium 570 Mg Iron 4.7 Mg Vitamin C 31 Mg Vitamin A 1064 IU
24 TOASTED CHEESE SANDWICH *TOASTED CHEESE SANDWICH BABY CARROTS/RANCH DIP CHILLED PEACHES ANIMAL CRACKERS MILK	25 CHICKEN PATTY/BUN W/TATER TOTS *MINI CHEESE QUESADILLA CHILLED PEARS FRUIT SNACKS MILK	26 CHEESE PIZZA *CHEESE PIZZA GARDEN SALAD LUNCH BUNCH GRAPES GIANT CINNAMON GOLDFISH MILK	27 MANDARIN ORANGE CHICKEN W/ STEAMED WHITE RICE *VEGETARIAN CHILI-CHEESE W/RICE CUCUMBER COINS FRESH STRAWBERRIES MILK	28 CHICKEN BAGEL DOG *VEGETARIAN HOT DOG/BUN W/ VEGGIE BEANS POTATO SALAD FRUIT LEATHER SQUIGGLES DOUBLE CHOCOLATE CHIP COOKIE MILK	Calories 736 Total Fat 27 % Protein 32 G Calcium 630 Mg Iron 3.3 Mg Vitamin C 25 Mg Vitamin A 2463 IU
31 BEAN & CHEESE BURRITO *BEAN & CHEESE BURRITO BABY CARROTS/RANCH DIP CHILLED PEARS TINY TWIST PRETZELS MILK	1 TURKEY TACO POCKET *VEGGIE BEAN & RICE POCKET MIXED FRUIT CELERY STICKS STRAWBERRY GOLDFISH CRACKERS MILK	2 MINI TURKEY CORN DOGS W/ TATER TOTS *CHEESE CALZONE GARDEN SALAD ORANGE WEDGES MUNCHIE MIX MILK	3 CHICKEN NUGGETS W/BISCUIT *CHILI CHEESE WRAP ZUCCHINI STICKS FRESH APPLE MILK	4 HAMBURGER PATTY/WHEAT BUN W/ TATER TOTS *GARDEN BURGER/BUN W/CHEESE LETTUCE/PICKLE CUP FRUIT JUICE MILK	Calories 703 Total Fat 29 % Protein 32 G Calcium 501 Mg Iron 4.8 Mg Vitamin C 31 Mg Vitamin A 2527 IU
7 LABOR DAY HOLIDAY 	8 HOT DOG (CHICKEN) ON A BUN W/ TATER TOTS *VEGETARIAN HOT DOG/BUN W/ VEGGIE BEANS CHILLED APPLESAUCE LEMON GRAHAM COOKIES MILK	9 CHEESE PIZZA *CHEESE PIZZA GARDEN SALAD PETITE BANANA ANIMAL CRACKERS MILK	10 TURKEY & VEGETABLE EGG ROLL STEAMED WHITE RICE *VEGGIE EGG ROLL W/CHEESE CUBES BABY CARROTS FRESH STRAWBERRIES SOUND BITE COOKIES MILK	11 MINI CHEESEBURGERS *CHEESE BREAD POTATO SALAD CHILLED PEACHES SUGAR COOKIE MILK	Calories 738 Total Fat 29 % Protein 31 G Calcium 611 Mg Iron 4.3 Mg Vitamin C 25 Mg Vitamin A 3025 IU
14 TURKEY PIZZA POCKET *CHILI CHEESE WRAP CUCUMBER COINS CHILLED PEARS CHOCOLATE GRAHAM BEARS MILK	15 CHICKEN NUGGETS W/BISCUIT *CHEESE CALZONE GARDEN SALAD APPLESAUCE CHOCOLATE CHIP COOKIE MILK	16 BREAKFAST FOR LUNCH DAY! PANCAKES W/SAUSAGE *PANCAKES W/CHEESE CUBES ORANGE JUICE CHILLED MIXED FRUIT CUP OATMEAL RAISIN COOKIE MILK	17 CHEESE PIZZA *CHEESE PIZZA CELERY STICKS FRESH APPLE CHEDDAR CHEESE CRACKERS MILK	18 STAFF LEARNING DAY (NO SCHOOL) 	Calories 710 Total Fat 29 % Protein 33 G Calcium 538 Mg Iron 3.9 Mg Vitamin C 24 Mg Vitamin A 1026 IU
21 TOASTED CHEESE SANDWICH *TOASTED CHEESE SANDWICH BABY CARROTS CHILLED PEACHES LEMON GRAHAM COOKIES MILK	22 HONEY BBQ BEEF RIB/WHEAT BUN W/TATER TOTS *CHEESE BREAD STICK W/YOGURT JICAMA STICKS GIANT CINNAMON GOLDFISH FRUIT JUICE MILK	23 BEEF TERIYAKI DIPPERS W/ STEAMED WHITE RICE *TATER TOTS W/BEANS & CHEESE GARDEN SALAD LUNCH BUNCH GRAPES MILK	24 CHEESE PIZZA *CHEESE PIZZA GARDEN SALAD CHILLED APPLESAUCE MUNCHIE MIX MILK	25 CHICKEN PATTY/BUN W/TATER TOTS *GARDEN BURGER/BUN W/ REFRIED BEANS ZUCCHINI STICKS FRUIT LEATHER SQUIGGLES DOUBLE CHOCOLATE CHIP COOKIE MILK	Calories 708 Total Fat 27 % Protein 33 G Calcium 600 Mg Iron 3.9 Mg Vitamin C 27 Mg Vitamin A 2635 IU

* = VEGETARIAN (NOT NECESSARILY VEGAN)

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

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