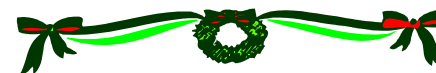


CUPERTINO UNION SCHOOL DISTRICT DECEMBER 2009 - ELEMENTARY LUNCH MENU

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	AVERAGE NUTRIENTS
30 CHICKEN BAGEL DOG *MINI CHEESE QUESADILLA BABY CARROTS RAISIN PACK FRUIT LEATHER MILK	1 CHICKEN NUGGETS W/TATER TOTS *TATER TOTS W/ VEGGIE BEANS & CHEESE CHILLED APPLESAUCE OATMEAL RAISIN COOKIE MILK	2 BRUNCH FOR LUNCH DAY! PANCAKES W/SYRUP/BEEF SAUSAGE *PANCAKES/SYRUP/CHEESE CUBES ORANGE JUICE FRESH KIWI WEDGES ANIMAL CRACKERS MILK	3 TURKEY FAJITA W/STEAMED RICE *VEGETARIAN EGGROLL W/CHEESE GARDEN SALAD CHILLED PEACHES SOUND BITE COOKIES MILK	4 TOASTED CHEESE SANDWICH *TOASTED CHEESE SANDWICH JICAMA STICKS FRESH ORANGE WEDGES CHOCOLATE GRAHAM COOKIES MILK	Calories 770 Total Fat 28 % Protein 31 G Calcium 599 Mg Iron 4.3 Mg Vitamin C 55 Mg Vitamin A 2821 IU
7 TURKEY TACO POCKET *CHILI CHEESE WRAP CELERY STICKS CHILLED APPLESAUCE CHEDDAR CHEESE CRACKERS MILK	8 MINI CHEESEBURGERS *CHEESE BREAD POTATO SALAD FRESH APPLE CHOCOLATE CHIP COOKIE MILK	9 CHEESE PIZZA *CHEESE PIZZA GARDEN SALAD MUNCHIE MIX RAISIN PACK MILK	10 CHICKEN PATTY/WHEAT BUN W/TATER TOTS *GARDEN BURGER/BUN W/CHEESE LETTUCE/PICKLE CUP GIANT CINNAMON GOLDFISH MILK	11 TERIYAKI CHICKEN W/ STEAMED WHITE RICE *TOASTED CHEESE SANDWICH BABY CARROTS FRESH KIWI WEDGES WHOLE WHEAT ROLL MILK	Calories 776 Total Fat 28 % Protein 33 G Calcium 514 Mg Iron 4.2 Mg Vitamin C 26 Mg Vitamin A 2651 IU
14 BEAN & CHEESE BURRITO *BEAN & CHEESE BURRITO BABY CARROTS CHILLED PEACHES ANIMAL CRACKERS FRUIT SNACKS MILK	15 CORN DOG W/ TATER TOTS *VEGETARIAN HOT DOG/BUN W/ VEGGIE BEANS CELERY STICKS FRESH ORANGE WEDGES TINY TWIST PRETZEL MILK	16 TERIYAKI BEEF DIPPERS W/ STEAMED WHITE RICE *VEGETARIAN CURRY/CHEESE CUBES CUCUMBER COINS CHILLED APPLESAUCE STRAWBERRY GOLDFISH CRACKERS MILK	17 BBQ PORK/WHEAT BUN W/TATER TOTS *CHEESE CALZONE FRUIT JUICEE (100% JUICE) RAISIN PACK SUGAR COOKIE MILK	18 TURKEY GRAVY W/ MASHED POTATOES *CHEESE QUESADILLA GARDEN SALAD WHOLE WHEAT ROLL CHILLED PEARS CUP HOLIDAY COOKIE MILK	Calories 767 Total Fat 26 % Protein 33 G Calcium 516 Mg Iron 4.7 Mg Vitamin C 60 Mg Vitamin A 2692 IU

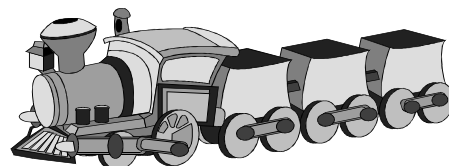
* = VEGETARIAN ENTRÉE

WINTER BREAK DECEMBER 21, 2009 THROUGH JANUARY 1, 2010

Cheese Pizza is now lower fat (29% calories from fat) and higher in fiber (made with whole grains).



(SUPERINTENDENT'S MESSAGE ON REVERSE)



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

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

To prepay for your student's meal online log on to
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