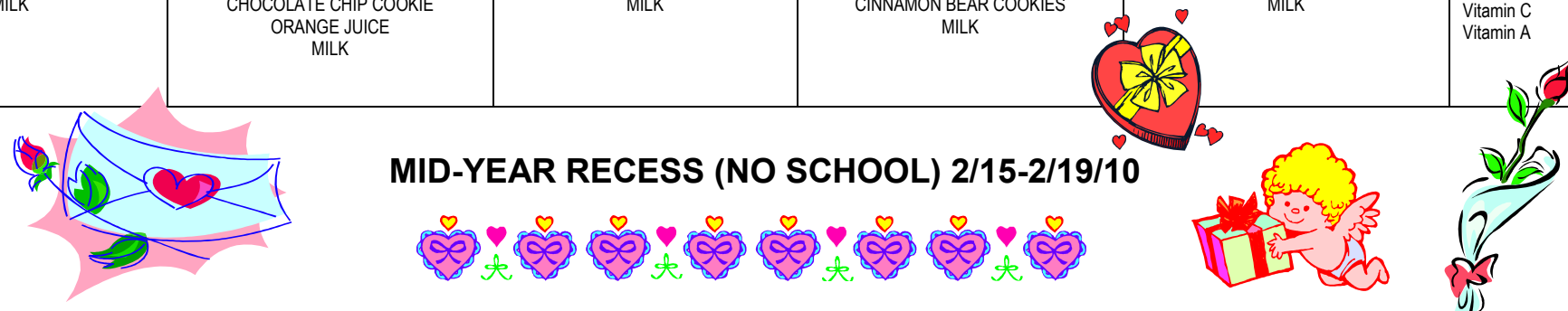


CUPERTINO UNION SCHOOL DISTRICT

FEBRUARY 2010 - ELEMENTARY LUNCH MENU

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	AVERAGE NUTRIENTS
1 CHICKEN BAGEL DOG *CHEESE CALZONE GARDEN SALAD CHILLED PEACHES HONEY BEAR COOKIES MILK	2 BBQ HONEY BEEF RIB/WHEAT BUN *GARDEN BURGER/WHEAT BUN VEGETARIAN BEANS SALSA TORTILLA CHIPS FRESH APPLE MILK	3 TURKEY & GRAVY W/ MASHED POTATOES *CHEESY POTATOES WHOLE WHEAT ROLL ZUCCHINI STICKS FRUIT SNACKS DOUBLE CHOCOLATE CHIP COOKIE MILK	4 CHEESE PIZZA *CHEESE PIZZA GARDEN SALAD CHILLED APPLESAUCE MUNCHIE MIX MILK	5 BEEF TERIYAKI DIPPERS W/STEAMED WHITE RICE *CHEESE BREAD BABY CARROTS CHILLED PEARS ANIMAL CRACKERS MILK	Calories 765 Total Fat 27 % Protein 33 G Calcium 493 Mg Iron 4.5 Mg Vitamin C 41 Mg Vitamin A 2535 IU
8 TURKEY TACO POCKET *VEGETARIAN BEAN & RICE POCKET GARDEN SALAD CHILLED MIXED FRUIT CHEDDAR CHEESE CRACKERS MILK	9 BREAKFAST FOR LUNCH! WAFFLE W/ BEEF SAUSAGE PATTIES *WAFFLE W/CHEESE CUBES SYRUP FRESH APPLE SLICES CHOCOLATE CHIP COOKIE ORANGE JUICE MILK	10 CHEESE PIZZA *CHEESE PIZZA CUCUMBER COINS PETITE BANANA LEMON GRAHAM COOKIES MILK	11 TERIYAKI CHICKEN W/ STEAMED WHITE RICE *VEGETARIAN CHILI & RICE JICAMA STICKS FRUIT LEATHER CINNAMON BEAR COOKIES MILK	12 CHICKEN NUGGET/BISCUIT *MINI CHEESE QUESADILLA GARDEN SALAD CHILLED APPLESAUCE VALENTINE COOKIE MILK	Calories 723 Total Fat 30 % Protein 30 G Calcium 484 Mg Iron 4.2 Mg Vitamin C 34 Mg Vitamin A 978 IU
 <p>MID-YEAR RECESS (NO SCHOOL) 2/15-2/19/10</p>					
22 MINI CHEESEBURGERS *TOASTED CHEESE SANDWICH CHILLED PEARS FRUIT LEATHER TINY TWIST PRETZELS MILK	23 CHICKEN CORN DOG W/TATER TOTS *VEGETARIAN HOT DOG/BUN W/ VEGETARIAN BEANS FRESH APPLE SLICES SUGAR COOKIE ORANGE JUICE BAR MILK	24 CHICKEN NUGGETS W/TATER TOTS *BEAN & CHEESE BURRITO FRESH KIWI MUNCHIE MIX MILK	25 CHEESE PIZZA *CHEESE PIZZA GARDEN SALAD CHILLED PEACHES CHOCOLATE GRAHAM BEARS MILK	26 MANDARIN ORANGE CHICKEN W/ STEAMED WHITE RICE *TATER TOTS/BEANS & CHEESE CHILLED MIXED FRUIT BABY CARROTS STRAWBERRY GOLDFISH CRACKERS MILK	Calories 763 Total Fat 32 % Protein 30 G Calcium 477 Mg Iron 4.5 Mg Vitamin C 31 Mg Vitamin A 2700 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 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