







CUPERTINO UNION SCHOOL DISTRICT

JANUARY 2010 - ELEMENTARY LUNCH MENU

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	AVERAGE NUTRIENTS
4 TOASTED CHEESE SANDWICH *TOASTED CHEESE SANDWICH CHILLED APRICOTS FRUIT LEATHER ANIMAL CRACKERS MILK 	5 BREAKFAST FOR LUNCH! FRENCH TOAST STICKS W/SYRUP BEEF SAUSAGE PATTY *FRENCH TOAST STICKS W/CHEESE CUBES CHILLED PEACHES FRESH ORANGE WEDGES CHOCOLATE CHIP COOKIE MILK	6 CHEESE PIZZA *CHEESE PIZZA GARDEN SALAD FRESH KIWI MUNCHIE MIX MILK	7 CHICKEN PATTY/BUN W/TATER TOTS *GARDEN BURGER/BUN W/ CHEESE GARDEN SALAD FRESH APPLE SLICES OATMEAL RAISIN COOKIE MILK	8 CHICKEN TERIYAKI W/STEAMED WHITE RICE *CHEESE CALZONE ORANGE JUICE BAR CELERY STICKS CHOCOLATE BEAR GRAHAMS MILK	Calories 768 Total Fat 28 % Protein 31 G Calcium 555 Mg Iron 4.1 Mg Vitamin C 50 Mg Vitamin A 1546 IU
11 TURKEY TACO POCKET *VEGETARIAN BEAN & RICE POCKET GARDEN SALAD CHEDDAR CHEESE CRACKERS CHILLED APPLESAUCE MILK	12 HAMBURGER/WHEAT BUN W/TATER TOTS *GARDEN BURGER/WHEAT BUN W/ VEGETARIAN BEANS BABY CARROTS TINY TWIST PRETZELS MILK	13 CHICKEN NUGGETS W/ TATER TOTS *BEAN & CHEESE BURRITO WHOLE WHEAT ROLL PETITE BANANA FRUIT SNACKS MILK 	14 WRAPPED CHICKEN HOT DOG *CHEESE STICK W/YOGURT CELERY STICKS FRUIT LEATHER SOUND BITE COOKIES MILK	15 MANDARIN ORANGE CHICKEN W/STEAMED WHITE RICE *CHILI CHEESE WRAP JICAMA STICKS FRESH APPLE SLICES STRAWBERRY GOLDFISH CRACKERS MILK	Calories 726 Total Fat 32 % Protein 31 G Calcium 433 Mg Iron 5.2 Mg Vitamin C 36 Mg Vitamin A 2401 IU 
18 MARTIN LUTHER KING DAY SCHOOL HOLIDAY 	19 MINI CHEESEBURGERS *TOASTED CHEESE SANDWICH TORTILLA CHIPS SALSA CHILLED PEARS MILK	20 CHEESE PIZZA *CHEESE PIZZA GARDEN SALAD FRESH APPLE DOUBLE CHOCOLATE COOKIE MILK	21 CHICKEN PATTY/BUN W/TATER TOTS *VEGETARIAN HOT DOG/BUN VEGETARIAN BEANS CHILLED PEACHES LEMON GRAHAM CRACKERS MILK	22 TURKEY & GRAVY W/ MASHED POTATOES *CHEESE CALZONE GARDEN SALAD WHOLE WHEAT ROLL CHILLED APPLESAUCE MILK	Calories 821 Total Fat 31 % Protein 35 G Calcium 510 Mg Iron 4.1 Mg Vitamin C 32 Mg Vitamin A 981 IU
25 BEAN & CHEESE BURRITO *BEAN & CHEESE BURRITO CELERY STICKS CHILLED PEARS GIANT CINNAMON GOLDFISH MILK 	26 BREAKFAST FOR LUNCH! WAFFLE W/SYRUP BEEF SAUSAGE PATTY *WAFFLE W/YOGURT/CHEESE STICK CHILLED PEACHES ORANGE JUICE SUGAR COOKIE MILK	27 CHICKEN NUGGETS & BISCUIT *CHEESE BREAD CUCUMBER COINS MUNCHIE MIX CHILLED APRICOTS MILK	28 CHEESE PIZZA *CHEESE PIZZA GARDEN SALAD FRESH APPLE SLICES TINY TWIST PRETZELS MILK	29 BEEF TERIYAKI DIPPERS W/STEAMED WHITE RICE *VEGETARIAN CURRY W/ CHEESE CUBES BABY CARROTS CHILLED APPLESAUCE OATMEAL RAISIN COOKIE MILK 	Calories 760 Total Fat 29 % Protein 30 G Calcium 505 Mg Iron 4.6 Mg Vitamin C 20 Mg Vitamin A 2906 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)	

(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 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