

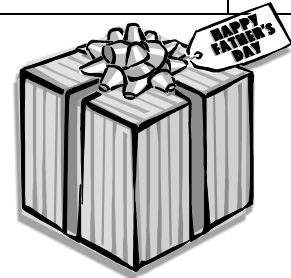
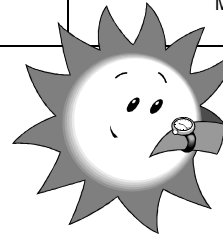


# CUPERTINO UNION SCHOOL DISTRICT

## JUNE 2010 - ELEMENTARY LUNCH MENU



| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  | AVERAGE NUTRIENTS <sup>3</sup>  |
|--|---|--|---|---|---|
| 31<br><b>MEMORIAL DAY SCHOOL HOLIDAY</b><br>                                   | 1<br>TOASTED CHEESE SANDWICH<br>*TOASTED CHEESE SANDWICH<br>GARDEN SALAD<br>RAISIN PACK<br>CHEDDAR CHEESE CRACKERS<br>CHILLED MIXED FRUIT<br>MILK                 | 2<br>CHEESE PIZZA<br>*CHEESE PIZZA<br>GARDEN SALAD<br>FRESH APPLE SLICES<br>ANIMAL CRACKERS<br>MILK  | 3<br>NACHOS/TORTILLA CHIPS<br>*NACHOS/TORTILLA CHIPS<br>REFRIED BEANS<br>BABY CARROTS<br>CHILLED PEACHES<br>DOUBLE CHOCOLATE CHIP COOKIE<br>MILK                                  | 4<br>HAMBURGER PATTY/WHEAT BUN<br>W/VEGGIE BEANS<br>*GARDEN BURGER/BUN<br>W/VEGGIE BEANS<br>FRESH APPLE<br>TINY TWIST PRETZELS<br>MILK                    | Calories 771<br>Total Fat 27 %<br>Protein 35 G<br>Calcium 728 Mg<br>Iron 4.5 Mg<br>Vitamin C 5.8 Mg<br>Vitamin A 3197 IU  |
| 7<br>MINI CHEESEBURGERS<br>*CHEESE CALZONE<br>CELERY STICKS<br>CHILLED PEACHES<br>STRAWBERRY GOLDFISH CRACKERS<br>MILK   | 8<br>BEAN & CHEESE BURRITO<br>*BEAN & CHEESE BURRITO<br>GARDEN SALAD<br>CHILLED PEARS<br>SOUND BITE COOKIES<br>MILK   | 9<br>BBQ PORK W/WHEAT BUN<br>*GARDEN BURGER W/WHEAT BUN<br>VEGETARIAN BEANS<br>CHILLED MIXED FRUIT<br>CINNAMON GOLDFISH COOKIES<br>MILK    | 10<br><b>LAST DAY OF SCHOOL</b><br>COOK'S CHOICE<br>*VEGETARIAN COOK'S CHOICE<br>RAISIN PACK<br>CHILLED APPLESAUCE<br>COOK'S CHOICE COOKIE<br>MILK                                | 11<br><b>MURDOCK-PORTAL SCHOOL ONLY</b><br>TOASTED CHEESE SANDWICH<br>*TOASTED CHEESE SANDWICH<br>POTATO SALAD<br>CHILLED PEACHES<br>FRUIT JUICEE<br>MILK | Calories 774<br>Total Fat 24 %<br>Protein 34 G<br>Calcium 637 Mg<br>Iron 5.3 Mg<br>Vitamin C 25.7 Mg<br>Vitamin A 1198 IU |
| 14<br><b>MURDOCK-PORTAL SCHOOL ONLY</b><br>JUMBO CHICKEN CORN DOG<br>*VEGETARIAN HOT DOG/BUN W/<br>VEGETARIAN BEANS<br>TORTILLA CHIPS<br>CHILLED PEARS<br>MILK | 15<br><b>MURDOCK-PORTAL SCHOOL ONLY</b><br>TURKEY TACO POCKET<br>*VEGGIE BEAN & RICE POCKET<br>FRUIT LEATHER<br>CHILLED APPLESAUCE<br>TINY TWIST PRETZELS<br>MILK | 16<br><b>MURDOCK-PORTAL SCHOOL ONLY</b><br>CHEESE PIZZA<br>*CHEESE PIZZA<br>FRUIT LEATHER<br>FRESH FRUIT<br>CHOCOLATE GRAHAM BEARS<br>MILK | 17<br><b>MURDOCK-PORTAL SCHOOL ONLY</b><br><b>LAST DAY OF SCHOOL</b><br>COOK'S CHOICE<br>*VEGETARIAN COOK'S CHOICE<br>RAISIN PACK<br>FRUIT JUICEE<br>COOK'S CHOICE COOKIE<br>MILK | 18<br>   | Calories 740<br>Total Fat 23 %<br>Protein 32 G<br>Calcium 590 Mg<br>Iron 5.0 Mg<br>Vitamin C 56.6 Mg<br>Vitamin A 1323 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](http://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