

CUPERTINO UNION SCHOOL DISTRICT

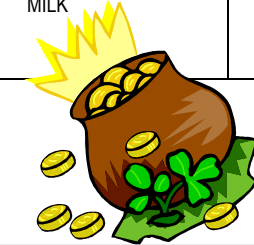
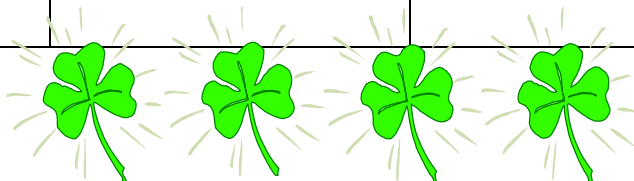
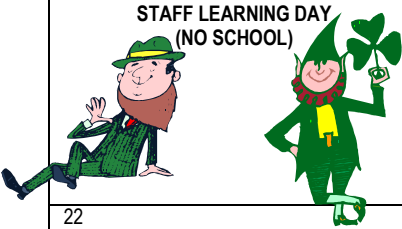
MARCH 2010 - ELEMENTARY LUNCH MENU



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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	AVERAGE NUTRIENTS
1 TURKEY PIZZA POCKET *CHEESE CALZONE JICAMA STICKS CHILLED PEARS CHOCOLATE BEAR GRAHAMS MILK	2 CHICKEN PATTY/WHEAT BUN W/ TATER TOTS *GARDEN BURGER/WHEAT BUN W/ CHEESE CELERY STICKS OATMEAL RAISIN COOKIE MILK	3 CHEESE PIZZA *CHEESE PIZZA GARDEN SALAD PETITE BANANA HONEY BEAR COOKIES MILK	4 MANDARIN ORANGE CHICKEN *VEGGIE EGGROLL W/CHEESE STEAMED WHITE RICE CARROT STICKS FRUIT LEATHER LEMON GRAHAM COOKIE MILK	5 TOASTED CHEESE SANDWICH *TOASTED CHEESE SANDWICH GARDEN SALAD CHILLED APPLESAUCE DOUBLE CHOCOLATE CHIP COOKIE MILK	Calories 751 Total Fat 30 % Protein 32 G Calcium 532 Mg Iron 4.3 Mg Vitamin C 25.9 Mg Vitamin A 2700 IU
8 CHICKEN BAGEL DOG *VEGGIE BEAN & RICE POCKET GARDEN SALAD CHILLED PEARS STRAWBERRY GOLDFISH CRACKERS MILK	CHICKEN NUGGETS W/ TATER TOTS *CHILI CHEESE WRAP WHOLE WHEAT ROLL BABY CARROTS FRUIT LEATHER MILK	10 CHEESE PIZZA *CHEESE PIZZA ZUCCHINI STICKS MUNCHIE MIX CHILLED MIXED FRUIT MILK	11 NACHOS/TORTILLA CHIPS *NACHOS/TORTILLA CHIPS VEGETARIAN REFRIED BEANS SALSA ORANGE JUICE BAR MILK	12 MINI CHEESEBURGERS *MINI QUESADILLA CELERY STICKS FRESH APPLE CHOCOLATE CHIP COOKIE MILK	Calories 748 Total Fat 32 % Protein 32 G Calcium 572 Mg Iron 4.2 Mg Vitamin C 19.6 Mg Vitamin A 2697 IU
15 STAFF LEARNING DAY (NO SCHOOL)	16 BEAN BURRITO *BEAN BURRITO GARDEN SALAD FRUIT LEATHER CHOCOLATE GRAHAM COOKIES MILK	17 CHICKEN NUGGETS W/BISCUIT *YOGURT W/ HOT CHEESE BREAD STICK ZUCCHINI STICKS FRESH KIWI WEDGES GOODLUCK SHAMROCK COOKIE MILK	18 CHEESE PIZZA *CHEESE PIZZA CELERY STICKS SOUND BITE COOKIES CHILLED APPLESAUCE MILK	19 BEEF TERIYAKI DIPPERS *VEGETABLE CURRY/CHEESE CUBES STEAMED WHITE RICE BABY CARROTS CHILLED PEACHES CINNAMON BEAR COOKIES MILK	Calories 728 Total Fat 31 % Protein 31 G Calcium 551 Mg Iron 5.1 Mg Vitamin C 44.9 Mg Vitamin A 3089 IU
22 TURKEY TACO POCKET *CHEESE CALZONE JICAMA STICKS FRESH APPLE ANIMAL CRACKERS MILK	23 BREAKFAST FOR LUNCH! PANCAKES W/SYRUP BEEF SAUSAGE PATTY *PANCAKES W/CHEESE CUBES CHILLED APPLESAUCE ORANGE JUICE SUGAR COOKIE MILK	24 CHICKEN CORN DOG *VEGETARIAN HOT DOG/MWW BUN W/ VEGGIE BEANS GARDEN SALAD MUNCHIE MIX PETITE BANANA MILK	25 PEPPERONI PIZZA *CHEESE BREAD CUCUMBER COINS CHILLED PEACHES TINY TWIST PRETZELS MILK	26 TURKEY GRAVY W/ MASHED POTATOES *TATERS TOTS/BEANS & CHEESE GARDEN SALAD WHEAT ROLL FRESH ORANGE WEDGES CHEDDAR CHEESE CRACKERS MILK	Calories 724 Total Fat 28 % Protein 32 G Calcium 477 Mg Iron 4.3 Mg Vitamin C 47.6 Mg Vitamin A 1142 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