

# CUPERTINO UNION SCHOOL DISTRICT

## MAY 2010 - ELEMENTARY LUNCH MENU

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	AVERAGE NUTRIENTS
26 TURKEY PIZZA POCKET *VEGGIE BEAN & RICE POCKET ZUCCHINI STICKS CHILLED PEARS RAISIN PACK STRAWBERRY GOLDFISH COOKIES MILK	27 CHICKEN PATTY/WHEAT BUN W/TATER TOTS *CHILI CHEESE WRAP JICAMA STICKS FRUIT LEATHER DOUBLE CHOCOLATE CHIP COOKIE MILK	28 MANDARIN ORANGE CHICKEN W/ STEAMED WHITE RICE *STEAMED WHITE RICE W/ CHILI & CHEESE WHEAT ROLL BABY CARROTS CHILLED PEACHES ANIMAL CRACKERS MILK	29 CHEESE PIZZA *CHEESE PIZZA GARDEN SALAD FRESH APPLE SLICES LEMON GRAHAM COOKIES MILK	30 NACHOS/TORTILLA CHIPS *NACHOS/TORTILLA CHIPS VEGETARIAN REFRIED BEANS SALSA CHILLED MIXED FRUIT FRUIT SNACKS MILK	Calories 771 Total Fat 25 % Protein 32 G Calcium 572 Mg Iron 5.1 Mg Vitamin C 33 Mg Vitamin A 2621 IU
3 BEAN & CHEESE BURRITO *BEAN & CHEESE BURRITO GARDEN SALAD TINY TWIST PRETZELS FRUIT LEATHER MILK	4 BBQ PORK/WHEAT BUN W/ TATER TOTS *MINI CHEESE QUESADILLA CELERY STICKS CHEDDAR CHEESE CRACKERS CHILLED PEARS MILK	5 CHICKEN NUGGETS W/ VEGETARIAN BEANS *CHEESE CALZONE GARDEN SALAD FRESH APPLE SLICES MUNCHIE MIX MILK	6 CHEESE PIZZA *CHEESE PIZZA JICAMA STICKS PETITE BANANA CHOCOLATE CHIP COOKIE MILK	7 CHICKEN PATTY/WHEAT BUN W/ TATER TOTS *HOT CHEESE BREAD STICK W/ YOGURT FRUIT LEATHER CHOCOLATE GRAHAM COOKIES MILK	Calories 753 Total Fat 29 % Protein 36 G Calcium 500 Mg Iron 4.7 Mg Vitamin C 33 Mg Vitamin A 1088 IU
10 TOASTED CHEESE SANDWICH *TOASTED CHEESE SANDWICH GARDEN SALAD CHILLED PEACHES SOUND BITE COOKIES MILK	11 TURKEY TACO POCKET *CHILI CHEESE WRAP ZUCCHINI STICKS FRESH APPLE SLICES OATMEAL RAISIN COOKIE MILK	12 <b>BREAKFAST FOR LUNCH!</b> PANCAKES W/SYRUP BEEF SAUSAGE PATTY *PANCAKES W/CHEESE CUBES CHILLED PEARS ORANGE JUICE CINNAMON GOLDFISH CRACKERS MILK	13 CHEESE PIZZA *CHEESE PIZZA BABY CARROTS FRESH ORANGE WEDGES HONEY BEAR CRACKERS MILK	14 CHICKEN TERIYAKI *VEGETARIAN CURRY W/CHEESE CUBES STEAMED WHITE RICE GARDEN SALAD ORANGE JUICE BAR ANIMAL CRACKERS MILK	Calories 690 Total Fat 24 % Protein 31 G Calcium 590 Mg Iron 4.2 Mg Vitamin C 26 Mg Vitamin A 2713 IU
17 MINI CHEESEBURGERS *CHEESE CALZONE BABY CARROTS CHILLED MIXED FRUIT CHEDDAR CHEESE CRACKERS MILK	18 CHICKEN PATTY/WHEAT BUN W/ TATER TOTS *GARDEN BURGER/BUN W/ CHEESE CELERY STICKS DOUBLE CHOCOLATE CHIP COOKIE MILK	19 CHEESE PIZZA *CHEESE PIZZA GARDEN SALAD FRESH APPLE MUNCHIE MIX MILK	20 SWEET & SOUR CHICKEN *VEGETABLE CURRY/CHEESE STEAMED WHITE RICE JICAMA STICKS TINY TWIST PRETZELS CHILLED PEACHES MILK	21 TURKEY FAJITA/TORTILLA *MINI QUESADILLA CUCUMBER COINS FRUIT LEATHER SUGAR COOKIE MILK	Calories 719 Total Fat 29 % Protein 32 G Calcium 524 Mg Iron 3.9 Mg Vitamin C 20 Mg Vitamin A 2573 IU
24 BEAN & CHEESE BURRITO *BEAN & CHEESE BURRITO SALSA/ TORTILLA CHIPS CHILLED PEARS FRUIT SNACKS MILK	25 CHICKEN BAGEL DOG *VEGETARIAN HOT DOG/BUN W/VEGGIE BEANS ZUCCHINI STICKS FRESH APPLE SLICES CHOCOLATE CHIP COOKIE MILK	26 CHICKEN NUGGETS W/BISCUIT *TOASTED CHEESE SANDWICH GARDEN SALAD PETITE BANANA RAISIN PACK STRAWBERRY GOLDFISH CRACKERS MILK	27 BBQ PORK/WHEAT BUN W/TATER TOTS *CHEESE BREAD GARDEN SALAD FRUIT JUICEE MILK	28 <b>STAFF LEARNING DAY (NO SCHOOL)</b>	Calories 798 Total Fat 32 % Protein 30 G Calcium 560 Mg Iron 4.4 Mg Vitamin C 37 Mg Vitamin A 949 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](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