
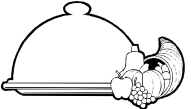



CUPERTINO UNION SCHOOL DISTRICT

NOVEMBER 2009 - ELEMENTARY LUNCH MENU

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	AVERAGE NUTRIENTS
2 MINI CHEESEBURGERS *CHEESE BREAD BABY CARROTS CHILLED PEARS FRUIT SNACKS MILK	3 CHEESE PIZZA *CHEESE PIZZA GARDEN SALAD LUNCH BUNCH GRAPES TINY TWIST PRETZELS MILK	4 BRUNCH FOR LUNCH DAY! PANCAKES W/SYRUP/BEEF SAUSAGE *PANCAKES/SYRUP/CHEESE CUBES ORANGE JUICE OATMEAL RAISIN COOKIE RAISIN PACK MILK	5 MINI TURKEY CORN DOGS *VEGETARIAN HOT DOG/BUN VEGETARIAN BEANS ORANGE WEDGES GARDEN SALAD MUNCHIE MIX MILK	6 MANDARIN ORANGE CHICKEN W/RICE * TOASTED CHEESE SANDWICH GARDEN SALAD FRESH APPLE ANIMAL CRACKERS MILK	Calories 802 Total Fat 31 % Protein 31 G Calcium 529 Mg Iron 4.7 Mg Vitamin C 35 Mg Vitamin A 2564 IU
9 CHICKEN NUGGETS W/ BISCUIT *CHEESE CALZONE GARDEN SALAD FRUIT LEATHER CHOCOLATE GRAHAM CRACKERS MILK	10 CHEESE PIZZA *CHEESE PIZZA BABY CARROTS CHILLED APPLESAUCE GIANT CINNAMON GOLDFISH MILK	11 VETERANS DAY HOLIDAY 	12 MACARONI & CHEESE *MACARONI & CHEESE CUCUMBER COINS WHOLE WHEAT ROLL FRESH APPLE MILK	13 FISH NUGGETS W/TATER TOTS *CHILI CHEESE WRAP CELERY STICKS CHILLED PEACHES CHOCOLATE CHIP COOKIE MILK	Calories 774 Total Fat 35 % Protein 32 G Calcium 620 Mg Iron 3.9 Mg Vitamin C 27 Mg Vitamin A 3049 IU
16 TURKEY TACO POCKET *BEAN & CHEESE BURRITO MIXED FRUIT CUP SALSA TORTILLA CHIPS MILK	17 CHEESE PIZZA *CHEESE PIZZA GARDEN SALAD FRESH ORANGE WEDGES STRAWBERRY GOLDFISH CRACKERS MILK	18 CHICKEN HOT DOG/BUN W/TATER TOTS *CHEESE BREAD STICK/YOGURT JICAMA STICKS FRESH KIWI WEDGES DOUBLE CHOCOLATE CHIP COOKIE MILK	19 CHICKEN PATTY/WHEAT BUN W/ TATER TOTS *GARDEN BURGER/CHEESE LETTUCE/PICKLE CHILLED PEARS MUNCHIE MIX MILK	20 TURKEY & GRAVY W/ MASHED POTATOES *CHEESY MASHED POTATOES GARDEN SALAD RAISIN PACK HOLIDAY COOKIE MILK	Calories 807 Total Fat 34 % Protein 32 G Calcium 578 Mg Iron 4.4 Mg Vitamin C 46 Mg Vitamin A 1130 IU
23 CHICKEN NUGGETS W/TATER TOTS *CHEESE CALZONE POTATO SALAD FRUIT SNACKS CHILLED MIXED FRUIT MILK	24 HAMBURGER PATTY/WHEAT BUN W/ TATER TOTS *TOASTED CHEESE SANDWICH GARDEN SALAD FRESH APPLE LEMON GRAHAM CRACKERS MILK	25 NO SCHOOL 	26 THANKSGIVING <i>Happy Thanksgiving</i>	27 RECESS 	Calories 815 Total Fat 34 % Protein 32 G Calcium 405 Mg Iron 3.8 Mg Vitamin C 42 Mg Vitamin A 923 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.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

To prepay for your student's meal online log on to
www.paypams.com or call PAMS Lunchroom at
1-888-994-5100.

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