



CUPERTINO UNION SCHOOL DISTRICT

OCTOBER 2009 - ELEMENTARY LUNCH MENU

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	AVERAGE NUTRIENTS
28 BEAN & CHEESE BURRITO *BEAN & CHEESE BURRITO GARDEN SALAD SALSA TORTILLA CHIPS MILK	29 CHEESE PUPPY(CHICKEN) *CHILI CHEESE WRAP JICAMA STICKS CHILLED MIXED FRUIT STRAWBERRY GOLDFISH MILK	30 BREAKFAST FOR LUNCH! FRENCH TOAST STICKS W/SYRUP BEEF SAUSAGE PATTY *FRENCH TOAST STICKS W/ CHEESE CHILLED APPLESAUCE ORANGE JUICE OATMEAL RAISIN COOKIE MILK	1 CHEESE PIZZA *CHEESE PIZZA GARDEN SALAD CHOCOLATE GRAHAM CRACKERS FRUIT JUICEE MILK	2 SWEET 'N' SOUR CHICKEN W/ RICE *MINI CHEESE QUESADILLA FRESH APPLE CELERY STICKS ANIMAL CRACKERS MILK	Calories 720 Total Fat 26 % Protein 28 G Calcium 524 Mg Iron 5.1 Mg Vitamin C 32 Mg Vitamin A 927 IU
5 MINI CHEESEBURGERS *CHEESE CALZONE POTATO SALAD CHILLED PINEAPPLE CUP PRETZELS MILK	6 MINI TURKEY CORN DOGS W/ TATER TOTS *VEGETARIAN HOT DOG/BUN W/ VEGETARIAN BEANS CHILLED PEARS FRUIT SNACKS CHOCOLATE CHIP COOKIE MILK	7 BBQ CHICKEN DRUMSTICK W/ MASHED POTATOES *CHILI CHEESE MASHED POTATOES BABY CARROTS CHILLED PEACHES MUNCHIE MIX MILK	8 CHICKEN PATTY/ WHEATBUN W/ TATER TOTS *GARDENBURGER/ WHEAT BUN W/ CHEESE LETTUCE/PICKLE DOUBLE CHOCOLATE CHIP COOKIE MILK	9 FISH NUGGETS W/ RICE *CHEESE BREAD ZUCCHINI STICKS ORANGE WEDGES ANIMAL CRACKERS MILK	Calories 836 Total Fat 32 % Protein 32 G Calcium 473 Mg Iron 3.8 Mg Vitamin C 49 Mg Vitamin A 2492 IU
12 TOASTED CHEESE SANDWICH *TOASTED CHEESE SANDWICH CELERY STICKS/RANCH DIP CHILLED PEARS CHEDDAR CHEESE CRACKERS MILK	13 MACARONI & CHEESE *MACARONI & CHEESE SALAD FRUIT LEATHER WHOLE WHEAT ROLL LEMON GRAHAM COOKIE MILK	14 HOT DOG (CHICKEN) ON A BUN W/ TATER TOTS *CHEESE BREADSTICK W/ YOGURT FRUIT JUICEE PETITE BANANA PRETZELS MILK	15 CHEESE PIZZA *CHEESE PIZZA GARDEN SALAD GIANT CINNAMON GOLDFISH CHILLED PEACHES MILK	16 CHICKEN CURRY W/ RICE *VEGETARIAN CURRY W/ CHEESE CUBES SALAD FRESH APPLE DOUBLE CHOCOLATE CHIP COOKIE MILK	Calories 748 Total Fat 28 % Protein 31 G Calcium 636 Mg Iron 4.1 Mg Vitamin C 34 Mg Vitamin A 1451 IU
19 PIZZA POCKET (TURKEY) *BEAN & RICE POCKET GARDEN SALAD CHILLED PINEAPPLE LEMON GRAHAM CRACKERS MILK	20 BREAKFAST FOR LUNCH! WAFFLE W/ SYRUP BEEF SAUSAGE PATTY *WAFFLE W/ CHEESE CUBES ORANGE JUICE CHILLED APPLESAUCE OATMEAL RAISIN COOKIE MILK	21 CHICKEN CORN DOG W/ TATER TOTS *TATER TOTS W/ BEANS/CHEESE GARDEN SALAD MIXED FRUIT MUNCHIE MIX MILK	22 CHEESE PIZZA *CHEESE PIZZA GARDEN SALAD FRUIT JUICEE FRUIT SNACKS MILK	23 CHICKEN TERIYAKI W/ RICE *VEGETARIAN EGG ROLL W/ CHEESE CUBES JICAMA STICKS CHILLED PEACHES ANIMAL CRACKERS MILK	Calories 692 Total Fat 25 % Protein 28 G Calcium 483 Mg Iron 4.1 Mg Vitamin C 48 Mg Vitamin A 1202 IU
26 STAFF LEARNING DAY (NO SCHOOL)	27 CHICKEN BAGEL DOG *CHEESE CALZONE BABY CARROTS FRUIT LEATHER CHEDDAR CHEESE CRACKERS MILK	28 MACARONI & CHEESE *MACARONI & CHEESE CUCUMBER STICKS FRUIT JUICEE FRESH APPLE SUGAR COOKIE MILK	29 HONEY BBQ BEEF RIB PATTY W/ BUN W/ TATER TOTS *GARDENBURGER W/ BUN W/ CHEESE CHILLED MIXED FRUIT CUP PRETZELS MILK	30 CHICKEN NUGGETS/BISCUIT *MINI CHEESE QUESADILLA CELERY STICKS ORANGE WEDGES HALLOWEEN COOKIE MILK	Calories 762 Total Fat 29 % Protein 31 G Calcium 524 Mg Iron 4.2 Mg Vitamin C 47 Mg Vitamin A 2941 IU



Halloween



* = VEGETARIAN ENTRÉE,



NATIONAL SCHOOL LUNCH WEEK OCTOBER 12-16

CHECKS PAYABLE TO C.U.S.D. STUDENT NUTRITION SERVICES
CHECKS RETURNED FROM THE BANK WILL HAVE A \$12.50 SERVICE CHARGE.

THIS IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.

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

MEAL PRICES	
STUDENT LUNCH WITH MILK	\$2.75
STUDENT REDUCED LUNCH	.40
MILK OR JUICE	.75
ADULT LUNCH	\$3.25
(ALL LUNCHES INCLUDE MILK)	



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