

CUPERTINO UNION SCHOOL DISTRICT

DECEMBER 2011 - ELEMENTARY LUNCH MENU

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	AVERAGE NUTRIENTS
28 CORN DOG/TATER TOTS *CHEESE CALZONE BABY CARROTS LEMON GRAHAM CRACKERS CHILLED PEARS FRUIT SNACKS MILK	29 CHICKEN NUGGETS *VEGGIE NUGGETS W/CHEESE TATER TOTS GARDEN SALAD WHOLE WHEAT ROLL CHILLED APPLESAUCE CHOCOLATE GRAHAM CRACKERS MILK	30 BRUNCH FOR LUNCH DAY! WAFFLE W/SYRUP/BEEF SAUSAGE *WAFFLE/SYRUP/VEGGIE PATTY & CHEESE ORANGE JUICE PETITE BANANA ANIMAL CRACKERS MILK	1 CHICKEN FAJITA *HUMMUS W/FLAT BREAD GARDEN SALAD CHILLED PEACHES SOUND BITE COOKIES MILK	2 TOASTED CHEESE SANDWICH *TOASTED CHEESE SANDWICH JICAMA STICKS FRESH ORANGE WEDGES OATMEAL RAISIN COOKIE MILK	Calories 760 Total Fat 30 % Protein 30 gm Calcium 500 mg Iron 3.8 mg Vitamin C 43 mg Vitamin A 2725 IU
5 TURKEY TACO POCKET *CHILI CHEESE WRAP CELERY STICKS CHILLED APPLESAUCE CHEDDAR CHEESE CRACKERS MILK	6 MINI CHEESEBURGERS *YOGURT W/CHEESE BREADSTICK POTATO SALAD CHILLED MIXED FRUIT CUP HONEY BELLY BEAR COOKIES MILK	7 CHEESE PIZZA *CHEESE PIZZA GARDEN SALAD FRESH APPLE CHOCOLATE CHIP COOKIE MILK	8 CHICKEN PATTY/WHEAT BUN W/TATER TOTS *GARDEN BURGER/BUN W/VEGGIE BEANS LETTUCE/PICKLE CUP TINY TWIST PRETZELS MILK	9 TERIYAKI CHICKEN W/ STEAMED WHITE RICE *CHEESE CALZONE BABY CARROTS FRESH KIWI WEDGES MILK	Calories 711 Total Fat 29 % Protein 33 gm Calcium 493 mg Iron 3.7 mg Vitamin C 25 mg Vitamin A 2584 IU
12 BEAN & CHEESE BURRITO *BEAN & CHEESE BURRITO TORTILLA CHIPS/SALSA CHILLED PEACHES MILK	13 CHICKEN CORN DOG *VEGETARIAN HOT DOG/BUN VEGGIE BEANS CELERY STICKS FRESH ORANGE WEDGES KNOTT'S RASPBERRY COOKIES MILK	14 TERIYAKI BEEF DIPPERS *VEGETARIAN CURRY/CHEESE CUBES STEAMED WHITE RICE CUCUMBER COINS CHILLED APPLESAUCE STRAWBERRY GOLDFISH CRACKERS MILK	15 HAMBURGER *SPICY BLACK BEAN PATTY WHEAT BUN W/CHEESE TATER TOTS BABY CARROTS ORANGE JUICE BAR MILK	16 CHICKEN FAJITA *CHEESE QUESADILLA GARDEN SALAD CHILLED PEARS CUP HOLIDAY COOKIE MILK	Calories 674 Total Fat 28 % Protein 31 gm Calcium 469 mg Iron 4.4 mg Vitamin C 18 mg Vitamin A 2559 IU

* = VEGETARIAN ENTRÉE

WINTER BREAK DECEMBER 19, 2011 THROUGH JANUARY 2, 2012

Cheese Pizza is now lower fat (29% calories from fat) and higher in fiber (made with whole grains).

MEAL PRICES

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

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

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 LUNCHESES MUST BE CONSUMED ON CAMPUS.

Menu
subject
to
change