

Menus for Aug/ Sept 2011



Manzanita Elementary School District

Available Daily

Breakfast
Cold Cereal, Non-Fat Yogurt, 3 Fresh Fruit Choices (Apples, Oranges, Melon, Berries, Mango, Kiwi, Plums, Pineapple, etc.)
100% Juice (Apple, Grape, and Orange)

Lunch
Peanut Butter & Jelly Uncrustable, Vegetarian Meal, Choice of Fruits & Garden Salad Bar (Mixed Greens, Tomatoes, Carrots, Cucumbers, Other Veggies, Low & Non Fat Dressings)

All You Can Eat Fruit & Salad bar
Milk offered with all meals
1% Unflavored, Nonfat Chocolate & 1% Strawberry Available



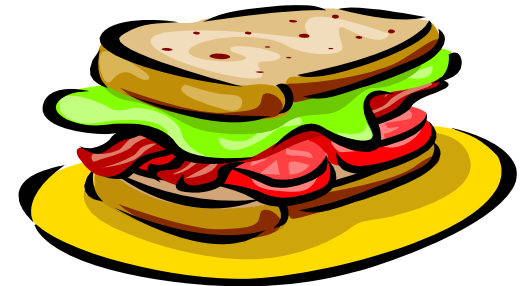
Monday, Aug. 29	Tuesday, Aug. 30	Wed., Aug. 31	Thurs., Sept. 1	Friday, Sept. 2
<p>Breakfast Yogurt Bar/Choc Graham Sliced Strawberries/Bananas Granola, and Nuts Milk and Juice</p> <p>Lunch Chicken Nuggets Mashed Potatoes & Gravy Variety of Fruit Garden Salad Bar with Caesar Salad Milk</p>	<p>Breakfast French Toast Sticks 3 Fresh Fruit Choices Milk and Juice</p> <p>Lunch Crunchy Beef Taco Bar Refried Beans Salsa/Sour Cream/Cheese Avocado/Jalapenos/Olives Fruit & Salad Bar with Tortilla Salad Milk</p>	<p>Breakfast Bagel & Cream Cheese Peanut Butter and/or Jelly 3 Fresh Fruit Choices Milk and Juice</p> <p>Lunch Hamburger/Veggie Burger Or Fishwich (order ahead) Baked Garlic Fries Variety of Fruit Garden Salad Bar with Macaroni Salad Milk</p>	<p>Breakfast Mustang Breakfast Pizza 3 Fresh Fruit Choices Milk and Juice</p> <p>Lunch Teriyaki Dunkers OR Egg Roll (Chicken/Veg) Fried Rice Pineapple, Apples, Oranges Garden Salad Bar with Broccoli-Noodle Salad Milk</p>	<p>Breakfast Ham & Scrambled Eggs Tator Tots 3 Fresh Fruit Choices Milk and Juice</p> <p>Lunch French Bread Pizza or Tony's Whole Grain Pizza Cheese/Vegetarian/Pepperoni/Combo Fruit & Super Salad Bar Hot Veggie Milk</p>

REQUIRED COURSE

We don't consider lunch to be optional. Every kid needs to eat a good midday meal to be able to learn well. That's why we work hard to keep our meal prices as low as possible. And that's also why we provide free and reduced-price meals for families that qualify. Please let us know if you have any questions . . . and please enjoy!



Tuesday, Sept. 6	Wed., Sept. 7	Thurs., Sept. 8	Friday Sept. 9
<p>Breakfast Breakfast Burrito/Salsa (Egg & Cheese) 3 Fresh Fruit Choices Milk and Juice</p> <p>Lunch Fresh Baked Lasagna Garlic Flat Bread (WG) Fruit & Salad Bar with Caesar Salad Milk</p>	<p>Breakfast Country Breakfast Meal 3 Fresh Fruit Choices Milk and Juice</p> <p>Lunch Cheese/Cbicken Quesadilla Salsa & Sour Cream Spicy Beans Grapes, Oranges, Apples Garden Salad Bar Milk</p>	<p>Breakfast Cheesy Scrambled Eggs Biscuit & Jelly 3 Fresh Fruit Choices Milk and Juice</p> <p>Lunch Hot Dog or Chili Dog (Turkey) Pretzels Cottage Cheese & Fruit Fruit & Salad Bar Milk</p>	<p>Breakfast Cold Cereal or Yogurt Cinnamon Grahamsh 3 Fresh Fruit Choices Milk and Juice</p> <p>Lunch Bubble Pizza or Homemade Pizza-Cheese Pepperoni/Vegetarian & Garlic Chicken Hot Veggie Fruit & Super Salad Bar</p>



Breakfast	Lunch
\$1.25	\$2.15

Monday, Sept. 12

Breakfast

Waffle Bar with Vanilla Yogurt, Nuts, and Sliced Strawberries & Bananas
Milk and Juice

Lunch

Chicken Fries
Corn on the Cob
Fruit & Garden Salad Bar
Strawberry-Spinach Salad
Milk

Tuesday, Sept. 13

Breakfast

Mustang Breakfast Pizza
3 Fresh Fruit Choices
Milk and Juice

Lunch

Deli Sandwiches
Turkey or Tuna Boat
Baked Doritos
Fruit & Salad Bar with Veggie Bowtie Pasta Salad
Milk

Wed., Sept. 14

Breakfast

Egg & Sausage Scramble
Tator Tots
3 Fresh Fruit Choices
Milk and Juice

Lunch

Homemade Spaghetti
Garlic Flat Bread Sticks (WG)
Fruit & Garden Salad Bar
With Caesar Salad
Milk

Thurs., Sept. 15

Breakfast

Cinnamon Waffle Sticks
3 Fresh Fruit Choices
Milk and Juice

Lunch

Bean & Cheese Burrito
Spanish Rice
Variety of Fruit
Garden Salad Bar with Tortilla Salad
Milk

Friday, Sept. 16

Breakfast

Variety of Yoplait Yogurt
Breakfast Bar
3 Fresh Fruit Choices
Milk and Juice

Lunch

French Bread Pizza or Tony's Whole Grain Pizza
Cheese/Vegetarian/Pepperoni/Combo
Fruit & Super Salad Bar
Hot Veggie
Milk

Monday, Sept. 19

Breakfast

Breakfast Burrito/Salsa (Eggs & Cheese)
3 Fresh Fruit Choices
Milk and Juice

Lunch

Grilled Chicken Sandwich
Tomato/Lettuce/Pickles
Cheese Nachos & Fixins'
Fruit & Salad Bar with Broccoli-Bacon Salad
Milk

Tuesday, Sept. 20

Breakfast

Country Biscuit Meal
3 Fresh Fruit Choice
Milk and Juice

Brunch for Lunch

Cin. French Toast (WW)
Ham Slice
Country Potatoes
Melon Fruit Medley
Fruit & Garden Salad Bar
Milk

Wed., Sept. 21

Breakfast

Cold Cereal or Yogurt
Chocolate Grahams
3 Fresh Fruit Choices
Milk and Juice

Lunch

Chicken Nuggets
Mashed Potatoes & Gravy
Variety of Fruit
Garden Salad Bar with Caesar Salad
Milk

Thurs., Sept. 22

Breakfast

Cheese Omelet
Tator Tots
3 Fresh Fruit Choice
Milk and Juice

Lunch

Crunchy Beef Taco Bar
Spicy Chili Beans
Olives/Peppers/Salsa
Sour Cream/Cheese
Fruit & Salad Bar
Milk

Friday, Sept. 23

Breakfast

Bagel with Cream Cheese, Peanut Butter and/or Jelly
3 Fresh Fruit Choices
Milk and Juice

Lunch

Bubble Pizza or Flat Bread Pizza-Cheese
Pepperoni/Vegetarian & Garlic Chicken
Hot Veggie
Fruit & Super Salad Bar
Milk

Monday, Sept. 26

Breakfast

Yogurt Bar/Choc Graham
Sliced Strawberries/Bananas
Granola, and Nuts
Milk and Juice

Lunch

Fresh Baked Lasagna
Garlic Flat Bread Sticks
Fruit & Salad Bar with Romaine Veggie Salad
Milk

Tuesday, Sept. 27

Breakfast

French Toast Sticks
3 Fresh Fruit Choices
Milk and Juice

Lunch

Deli Sandwiches
Turkey or Tuna Boat
Celery/PB & Carrot Sticks
Fruit & Salad Bar with Apple-Cranberry Salad
Milk

Wed., Sept. 28

Breakfast

Mustang Breakfast Pizza
3 Fresh Fruit Choices
Milk and Juice

Lunch

Chef Salad Bar-Mixed Greens
Meat/Olives/Carrots/Zucchini
Cucumbers/Tomato/Avocado
Garbanzo & Kidney Beans/
Pasta Salad/Variety of
Fruit & Milk

Thurs., Sept. 29

Breakfast

Variety of Yogurt
Chocolate Grahams
3 Fresh Fruit Choices
Milk and Juice

Lunch

Cheeseburger OR Veggie Burger (order ahead)
Tomato/Lettuce/Pickles
Seasoned Potato Wedges
Fruit & Garden Salad Bar
Mixed Fruit Salad
Milk

Friday Sept. 30

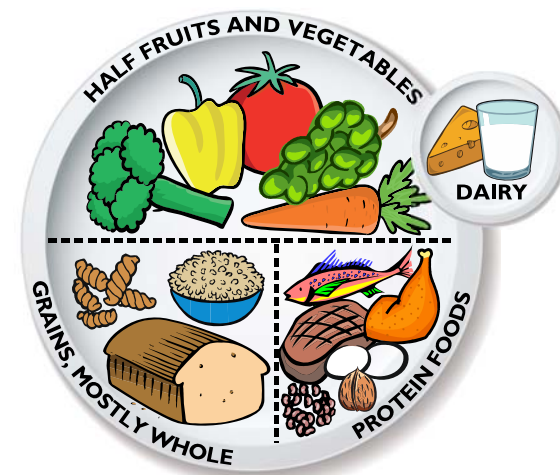
Breakfast

Scrambled Ham & Eggs
Biscuit & Jelly
3 Fresh Fruit Choices
Milk and Juice

Lunch

French Bread Pizza or Tony's Whole Grain Pizza
Cheese/Vegetarian/Pepperoni/Combo
Fruit & Super Salad Bar
Hot Veggie
Milk

What's on YOUR plate?



Say goodbye to the Pyramid and hello to the Plate!

There's a new, easy-to-understand graphic showing what a healthy American diet should look like.

Fill your plate with at least half fruits and vegetables, a little more than a quarter grains (mostly whole grains), and a little less than a quarter lean protein foods, with a little dairy on the side.

Try to follow these general guidelines, too:

- ▶ Enjoy what you eat, but eat less of it!
- ▶ Avoid really big portions of food
- ▶ Eat whole grains as much as possible
- ▶ Drink milk that's fat-free or low-fat (1%)
- ▶ Choose foods with lower sodium numbers
- ▶ Drink water instead of soda or other sugary drinks

On future menus, look for lots of tips, puzzles, riddles, jokes, and examples that will help you make sense of the new MyPlate graphic!

Learn more at www.CHOOSEMYPLATE.gov or www.kidshealth.org/kid/stay_healthy/food/pyramid.html#cat119