



# September

**FIND YOUR MENUS AT:**

<https://smusd.yummy.com>

**Salad Bar Served Daily**  
with Fresh Fruits  
& Vegetables!



This institution  
is an equal  
opportunity  
provider. ★

## 2018 Elementary Menu

WG = Whole Grain

= Gluten Free

= Contains Pork

= Vegetarian meal available each day!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3 School Closed Today</b> <b>Labor Day</b> 	<b>4 Cinnamon Yogurt Bread</b> <b>Yogurt &amp; Grahams</b> ✓ Hot Chicken Sandwich Cheese ✓ or Pepperoni Pizza Yogurt, String Cheese ✓ & WG Roll Frozen Fruit Juice	<b>5 Mini Eggo Waffles</b> <b>Chicken N' Biscuit</b> Beef Taco Salad with Tortilla Chips Chicken Poppers Hummus, String Cheese ✓ & WG Crackers	<b>6 Breakfast Pizza</b> <b>Cereal with Grahams</b> ✓ TERIYAKI BEEF DIPPERS & WG RICE Grilled Cheese Sandwich ✓ Chef's Salad with Pretzel Goldfish & WG Roll	<b>7 French Toast Sticks</b> ✓ <b>Sausage &amp; Cheese Burrito</b> BBQ PORK SLIDERS Bean & Cheese Burrito ✓ Veggie Melt ✓
<b>10 Blueberry Muffin</b> <b>Yogurt &amp; Grahams</b> ✓ <b>BREAKFAST FOR LUNCH</b> Pancakes & Sausage Links Beef Soft Taco Hummus, String Cheese ✓ & WG Crackers	<b>11 Hot Cheese Stuffed Breadstick</b> <b>Cereal with Grahams</b> ✓ Homestyle Chili with Tortilla Chips Chicken Bites & WG Roll Chef's Salad with Pretzel Goldfish & WG Roll	<b>12 Mexican Breakfast Bread</b> <b>Grilled Cheese Triangle</b> ✓ Twistaroni with Homemade Beef Meatsauce & WG Roll Cheese ✓ or Pepperoni Stuffed Crust Pizza Chef's Salad with Pretzel Goldfish & WG Roll	<b>13 Maple Mini Pancakes</b> <b>Chicken Little</b> Golden Baked Chicken & WG Roll Turkey Hot Dog Yogurt with String Cheese & WG Roll ✓ Goldfish Colors Crackers	<b>14 Cocoa Breakfast Bread</b> <b>Yogurt &amp; Grahams</b> ✓ Orange Chicken & WG Rice Hamburger or Cheeseburger Hummus, String Cheese ✓ & WG Crackers
<b>17 Turkey Sausage Patty &amp; Pancakes</b> <b>Banana Breakfast Bar</b> Picnic Chicken with Cornbread Cheese ✓ or Pepperoni Pizza Yogurt, String Cheese ✓ & WG Roll	<b>18 Cinnamon Yogurt Bread</b> <b>Yogurt &amp; Grahams</b> ✓ Creamy Macaroni & Cheese ✓ Chicken Poppers Chef's Salad with Pretzel Goldfish & WG Roll Strawberry Fruit Smiles	<b>19 Mini Eggo Waffles</b> <b>Chicken N' Biscuit</b> Beef Taco Salad with Tortilla Chips Mini Corn Dogs Veggie Melt ✓	<b>20 Breakfast Pizza</b> <b>Cereal with Grahams</b> ✓ TERIYAKI CHICKEN AND WG RICE BBQ PORK SLIDERS Yogurt, String Cheese ✓ & WG Roll	<b>21 French Toast Sticks</b> ✓ <b>Sausage &amp; Cheese Burrito</b> Hot Chicken Sandwich Build Your Own Fish Taco NEW Hummus, String Cheese ✓ & WG Crackers
<b>24 Blueberry Muffin</b> <b>Yogurt &amp; Grahams</b> ✓ <b>BRUNCH FOR LUNCH</b> <b>Waffle &amp; Sausage Links</b> ✓ Turkey Hot Dog Hummus, String Cheese ✓ & WG Crackers	<b>25 Hot Cheese Stuffed Breadstick</b> <b>Cereal with Grahams</b> ✓ Orange Chicken & WG Rice Grilled Cheese Sandwich ✓ Yogurt, String Cheese ✓ & WG Roll	<b>26 Mexican Breakfast Bread</b> <b>Grilled Cheese Triangle</b> ✓ Golden Baked Chicken & WG Roll French Bread Cheese ✓ or Pepperoni Pizza Chef's Salad with Pretzel Goldfish & WG Roll	<b>27 Maple Mini Pancakes</b> <b>Chicken Little</b> Spaghetti with Homemade Beef Meatsauce Chicken Bites Yogurt, String Cheese & WG Roll ✓ Munch Mix	<b>28 Cocoa Breakfast Bread</b> <b>Yogurt &amp; Grahams</b> ✓ Cheeseburger or Hamburger Bean & Cheese Burrito ✓ Veggie Melt ✓



**2018-2019**

**FREE & REDUCED MEALS**  
**APPLY ONLINE TODAY**

**go to [www.smusd.org/cns](http://www.smusd.org/cns)**

**Please Complete Only ONE (1) Meal Application per Household! Please review back before applying!**



**ADDITIONAL ENTREES**  
**AVAILABLE DAILY!**

Breakfast: Raisin Bran Cereal except CEP sites. ✓

Lunch: Cheese Sandwich except CEP sites. ✓  
(may be available CEP but not daily)

**Did you Know? The Chef Salad can be vegetarian. ✓ Protein is in separate container!**

*Payment for meals can be cash or check at the cafeteria. You can also deposit money at:*

**[www.myschoolbucks.com](http://www.myschoolbucks.com)**





# Child Nutrition Services (CNS)

## School Menus

**[www.smusd.org/cns](http://www.smusd.org/cns) and <http://smusd.yummyummi.com>**

### Meal Applications

At: [www.smusd.org/cns](http://www.smusd.org/cns)  
Schools and District Offices



### “It’s Been Paid For”

At: JAL, LMA, SME  
SMMS, TOHS

## Services Available

**Salad Bar:** Daily selections of fresh fruit, vegetables and salad mix

**Field Trip Lunches:** Deli sandwich, fruits, vegetables and milk

**Additional Items:** Bottled Water \$0.75, Juice \$0.50, and Milk \$0.50

**Prices:** Breakfast - \$1.50, Lunch - \$3.00

## SMUSD Meal Credit Program

**Students may utilize a one-day meal credit for breakfast and lunch. If credit limit is exceeded, a student will receive raisin bran cereal with sides at breakfast and a sandwich with sides at lunch.**