



BREAKFAST

LUNCH

Final 8/30/18



SEPTEMBER 2018

La Mirada Academy

(p) Contains Pork (v) Vegetarian

WG=Whole Grain

This institution is an equal opportunity provider.

Child Nutrition Services

Menus & Nutrition Facts available at

www.smusd.org/cns

Monday	Tuesday	Wednesday	Thursday	Friday
Labor Day Holiday 3 SCHOOL CLOSED TODAY	B: Cocoa Bread (v) 4 OR Cereal with Grahams (v) ***** L: Teriyaki Chicken & WG Rice Grilled Burrito (v) Yogurt & Fresh Baked Muffin (v) Animal Crackers Lunch All	B: Banana Breakfast Bar (v) 5 OR Cereal with Grahams (v) ***** L: Bosco Cheese Sticks with Marinara (v) Hot Chicken Sandwich Chef's Salad (can be veg)	B: Maple Mini Pancakes (v) 6 OR Cereal with Grahams (v) ***** L: Mini Corn Dogs Hamburger or Cheeseburger Yogurt & Fresh Baked Muffin (v)	B: House Baked Muffin (v) 7 OR Cereal with Grahams (v) ***** L: Beef Soft Tacos Cheese (v) or Pepperoni (p) Pizza Cheese Sandwich (v)
B: Mexican Breakfast Bread (v) 10 OR Cereal with Grahams (v) ***** L: Orange Chicken & WG Rice Chicken Bites Hummus & String Cheese & WG Grain Crackers (v)	B: Mini Eggo Waffles (v) 11 OR Cereal with Grahams (v) ***** L: BBQ Pork Sliders (p) Grilled Burrito (v) Yogurt & Fresh Baked Muffin (v) Goldfish Colors Crackers Lunch All	B: Bagel & Cream Cheese (v) 12 OR Cereal with Grahams (v) ***** L: Spaghetti with Garlic Toast Hot Chicken Sandwich Chef's Salad (can be veg)	B: Cinnamon Yogurt Bread (v) 13 OR Cereal with Grahams (v) ***** L: Baked Chicken N' Biscuit Hamburger or Cheeseburger Yogurt & Fresh Baked Muffin (v)	B: Mini Maple Pancakes (v) 14 OR Cereal with Grahams (v) ***** L: Fish Soft Tacos Cheese (v) or Pepperoni (p) Pizza Cheese Sandwich (v)
B: Bagel & Cream Cheese (v) 17 OR Cereal with Grahams (v) ***** L: Creamy Macaroni & Cheese (v) Chicken Bites Hummus & String Cheese & Cracker Fruit Smiles Lunch All	B: Cocoa Bread (v) 18 OR Cereal with Grahams (v) ***** L: Teriyaki Chicken & WG Rice Grilled Burrito (v) Yogurt & Fresh Baked Muffin (v)	B: Banana Breakfast Bar (v) 19 OR Cereal with Grahams (v) ***** L: Bosco Cheese Sticks with Marinara (v) Hot Chicken Sandwich Chef's Salad (can be veg)	B: Maple Mini Pancakes (v) 20 OR Cereal with Grahams (v) ***** L: Mini Corn Dogs Hamburger or Cheeseburger Yogurt & Fresh Baked Muffin (v)	B: House Baked Muffin (v) 21 OR Cereal with Grahams (v) ***** L: Beef Soft Tacos Cheese (v) or Pepperoni (p) Pizza Cheese Sandwich (v)
B: Mexican Breakfast Bread (v) 24 OR Cereal with Grahams (v) ***** L: Orange Chicken & WG Rice Chicken Bites Hummus & String Cheese & WG Crackers (v)	B: Mini Eggo Waffles (v) 25 OR Cereal with Grahams (v) ***** L: BBQ Pork Sliders (p) Grilled Burrito (v) Yogurt & Fresh Baked Muffin (v) Munch Snack Mix Lunch All	B: Bagel & Cream Cheese (v) 26 OR Cereal with Grahams (v) ***** L: Spaghetti with Garlic Toast Hot Chicken Sandwich Chef's Salad (can be veg)	B: Cinnamon Yogurt Bread (v) 27 OR Cereal with Grahams (v) ***** L: Baked Chicken N' Biscuit Hamburger or Cheeseburger Yogurt & Fresh Baked Muffin (v)	B: Mini Maple Pancakes (v) 28 OR Cereal with Grahams (v) ***** L: Fish Soft Tacos Cheese (v) or Pepperoni (p) Pizza Cheese Sandwich (v)

MY SCHOOL BUCKS

PAY FOR MEALS ONLINE

MySchoolBucks.com

Rotations: Weeks 1, 3, 5 **Mon:** Raisins, Orange Juice, Carroteenies, Salad Cup, **Tues:** Fresh Fruit, Pear cup, BBQ Beans, Salad Cup, **Wed:** Peach cup, AppleBerry Juice, Jicama, Salad Cup, **Thurs:** Craisins, Frozen Straw/Peach cup, Veggie Juice, Salad Cup, **Fri:** Fresh Fruit, Mixed Fruit cup, Jicama, Salad Cup

Rotations: Weeks 2, 4 **Mon:** Applesauce cups, Orange Juice, Carroteenies, Salad Cup, **Tues:** Pineapple cup, Frozen Straw/Peach cup, Edamame, Salad Cup, **Wed:** Fresh Fruit, Apple Berry Juice, Grape Tomatoes, Salad Cup, **Thurs:** Mandarin cups, Raisels, Veggie Juice, Salad Cup, **Fri:** Fresh Fruit, Tropical Fruit cup, Jicama, Salad Cup

Child Nutrition Services News (CNS)

Meal Applications Available Now

Online at: www.smusd.org/cns

Forms at: School Office
Cafeteria
District Office

Please: Complete Early

Only one application per household
necessary.

Meal Applications Not Required*

SCHOOL MEALS * ALL STUDENTS
NO CHARGE

It's Been Paid For

Joli Ann Elementary*
San Marcos Elementary*
La Mirada Academy*
San Marcos Middle*
Twin Oaks High*

School Menus Located

www.smusd.org/cns and <http://smusd.yummy.com>

CNS Facebook: SMUSD Child Nutrition Services

CNS Website: www.smusd.org/cns

CNS Phone: 760-752-1253



SMUSD Meal Credit Program: During the school year a student receives a one-day credit limit, and then an alternate meal is offered.

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