BREAKFAST
LUNCH

OCTOBER 2018
La Mirada Academy

This institution is an equal opportunity provider.
Child Nutrition Services
Menus & Nutrition Facts available at
www.smusd.org/cns

(p) Contains Pork (v) Vegetarian WG=Whole Grain

FINAL 9/18/18

Monday	Tuesday	Wednesday	Thursday	Friday
1 B: Bagel & Cream Cheese OR Cereal with Grahams (v) ********** L: Creamy Macaroni & Cheese (v) Chicken Bites Hummus, String Cheese & WG Crackers (v) ***All Lunch "Colors Goldfish Crackers"***	**2** B: Cocoa Breakfast Bread OR Cereal with Grahams (v) ********** L: Teriyaki Chicken & WG Rice Grilled Burrito (v) Cheese Sandwich (v)	**3** B: Banana Breakfast Bar OR Cereal with Grahams (v) ********** L: Bosco Cheese Sticks with Marinara (v) Hot Chicken Sandwich Chef's Salad *(can be veg)*	**4** B: Maple Mini Pancakes OR Cereal with Grahams (v) ********** L: Mini Corn Dogs Hamburger or Cheeseburger Yogurt (v) & Fresh Baked Muffin	**5** B: House Baked Muffin OR Cereal with Grahams (v) ********** L: Beef Soft Tacos Cheese (v) or Pepperoni (p) Pizza Cheese Sandwich (v)
8 B: Mexican Breakfast Bread OR Cereal with Grahams (v) ********** L: Orange Chicken & WG Rice Chicken Bites Hummus & String Cheese & WG Grain Crackers (v)	**9** B: Mini Eggo Waffles OR Cereal with Grahams (v) ********** L: BBQ Pork Sliders (p) Grilled Burrito (v) Cheese Sandwich (v) ***All Lunch "Scooby Doo Crackers"***	**10** B: Bagel & Cream Cheese OR Cereal with Grahams (v) ********** L: Spaghetti with Garlic Toast Hot Chicken Sandwich Chef's Salad *(can be veg)*	**11** B: Cinnamon Yogurt Bread OR Cereal with Grahams (v) ********** L: Baked Chicken N' Biscuit Hamburger or Cheeseburger Yogurt (v) & Fresh Baked Muffin	**12** B: Mini Maple Pancakes OR Cereal with Grahams (v) ********** L: Chicken Soft Tacos Cheese (v) or Pepperoni (p) Pizza Cheese Sandwich (v)
15 SCHOOL CLOSED TODAY FOR PARENT TEACHER CONFERENCES	**16** B: Cocoa Breakfast Bread OR Cereal with Grahams (v) ********** L: Teriyaki Chicken & WG Rice Grilled Burrito (v) Cheese Sandwich (v)	**17** B: Banana Breakfast Bar OR Cereal with Grahams (v) ********** L: Bosco Cheese Sticks with Marinara (v) Hot Chicken Sandwich Chef's Salad *(can be veg)*	**18** B: Maple Mini Pancakes OR Cereal with Grahams (v) ********** L: Mini Corn Dogs Hamburger or Cheeseburger Yogurt (v) & Fresh Baked Muffin ***All Lunch "Strawberry Fruit Smiles"***	**19** B: House Baked Muffin OR Cereal with Grahams (v) ********** L: Beef Soft Tacos Cheese (v) or Pepperoni (p) Pizza Cheese Sandwich (v)
22 B: Mexican Breakfast Bread OR Cereal with Grahams (v) ********** L: Orange Chicken & WG Rice Chicken Bites Hummus & String Cheese & WG Grain Crackers (v)	**23** B: Mini Eggo Waffles OR Cereal with Grahams (v) ********** L: BBQ Pork Sliders (p) Grilled Burrito (v) Cheese Sandwich (v) ***All Lunch "Munch Mix"***	**24** B: Bagel & Cream Cheese OR Cereal with Grahams (v) ********** L: Spaghetti with Garlic Toast Hot Chicken Sandwich Chef's Salad *(can be veg)*	**25** B: Cinnamon Yogurt Bread OR Cereal with Grahams (v) ********** L: Baked Chicken N' Biscuit Hamburger or Cheeseburger Yogurt & Fresh Baked Muffin (v)	**26** B: Mini Maple Pancakes OR Cereal with Grahams (v) ********** L: Chicken Soft Tacos Cheese (v) or Pepperoni (p) Pizza Cheese Sandwich (v) ***All Lunch "Frozen Pumpkin Holiday Treat"***
29 B: Bagel & Cream Cheese OR Cereal with Grahams (v) ********** L: Creamy Macaroni & Cheese (v) Chicken Bites Hummus & String Cheese & WG Crackers (v)	**30** B: Cocoa Breakfast Bread OR Cereal with Grahams (v) ********** L: Teriyaki Chicken & WG Rice Grilled Burrito (v) Cheese Sandwich (v)	**31** B: Banana Breakfast Bar OR Cereal with Grahams (v) ********** L: Bosco Cheese Sticks with Marinara (v) Hot Chicken Sandwich Chef's Salad *(can be veg)* ***PUMPKIN TREAT Lunch All***		

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, Vegetarian Beans, Salad Cup, **Wed:** Fresh Fruit, Apple Berry Juice, Grape Tomatoes, Salad Cup, **Thurs:** Mandarin Orange cups, Raisels, Veggie Juice, Salad Cup, **Fri:** Fresh Fruit, Tropical Fruit cup, Jicama, Salad Cup

Child Nutrition Services (CNS)

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.

National School Lunch Week

October 15th - 19th

Featuring Entrée Favorites

Meal Applications

At: www.smusd.org/cns

Schools and District Offices

Grace Period

Ends 10/2/18

CNS Services

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

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

Additional Items: Bottled Water $0.50, Juice $0.50, and Milk $0.50

Breakfast - $1.50

Lunch - $3.00



School Menus



www.smusd.org/cns and http://smusd.yumyummi.com

CNS Facebook: SMUSD Child Nutrition Services CNS Website: www.smusd.org/cns CNS Phone: 760-752-1253

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