



San Bruno Park School District







February 2012 K-6 Lunch menu

Elementary School Lunch Meal Prices:

Students	\$2.50
Reduced Price	\$0.40
Adult	\$3.00

1% White Milk and Nonfat Chocolate Milk offered daily *



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Cheese Pizza Green Salad * (no dressing) Seasonal Fruit *	Chicken Nuggets Carroteenies Whole Wheat Roll Seasonal Fruit *	Max Cheese Sticks Green Salad* (No Dressing) Seasonal Fruit *
6	7	8	9	10
Jumbo Turkey Corn Dog Carroteenies Bear Grahams Seasonal Fruit *	Teriyaki Chicken Harvest Rice Celery Sticks Whole Wheat Roll Seasonal Fruit *	Cheese Quesadilla Celery & Jicama Seasonal Fruit *	Krispy Chicken Tenders Carroteenies Whole Wheat Roll Seasonal Fruit *	 STUDENT'S CHOICE
13	14	15	16	17
Cinnamon French Toast Turkey Sausage Patty Chilled Applesauce Orange Juice	 Mac & Cheese Fresh Broccoli Whole Wheat Roll Seasonal Fruit* (Strawberry Milk)	Galaxy Pizza Green Salad * (no dressing) Seasonal Fruit *	Chicken Patty on a Bun Whole Kernel Corn Seasonal Fruit *	 President's Day Break No School
20	21	22	23	24
 President's Day Break No School	Turkey Nachos Carroteenies Seasonal Fruit *	Cheese Pizza Green Salad * (no dressing) Seasonal Fruit *	Krispy Chicken Tenders Carroteenies Whole Wheat Roll Seasonal Fruit *	Chef's Choice 
27	28	29	<p>Menu Subject to change without notice. Nutrition information provided by NutriKids Menu planning and from actual product packages. Daily Totals do not include Seasonal Fruit, Milk, or Salad Dressing*** Nutrition information for these items are listed in the Menu Options Chart Additional nutrition information is available in your school office</p>	
Bean & Cheese Burrito Celery & Jicama Sticks Seasonal Fruit *	Teriyaki Beef Dippers Harvest Rice Whole Wheat Roll Cucumber Sticks Seasonal Fruit *	Cheese Quesadilla Celery & Jicama Seasonal Fruit *		

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*MENU OPTIONS	Seasonal Fruit						Milk		Salad Dressing
	Apple	Banana	Fruit Salad	Grapes	Orange	Strawberries 1/2 cup	1% White	Nonfat Chocolate	Ranch 2TBSP
Calories	80	110	60	59	80	34.01	130	150	39
Total Fat g	0	0	0	0	0	0	2.5	0	2.68
S Fat g	0	0	0	0	0	0	1.5	0	0.69
Chol mg	0	0	0	0	0	0	15	<5	2
Sodium mg	0	0	25	0	0	0	160	250	180
Carb g	22	29	14	15.18	21	8.16	16	27	2.77
Fiber g	5	4	1	0.66	7	2.72	0	<1	0.06
Protein g	0	1	1	0	1	0.68	11	9	0.99
Iron mg	0.36	0.36	1.98	0	0.36	0.49	0.07	0	0.05
Calcium mg	0	0	180	13.2	60	13.61	290.4	201.25	33