



# Elementary Menus for October 2008

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Chef Salad PB & J Uncrustable	2 Pizza Hot Pocket Pork BBQ Rib patty on Bun	3 Chicken Nuggets & Potatoes Bean & Cheese Burrito
6 Deli Stick Pepperoni Pizza	7 Pizza Hot Pocket Bean & Cheese Chalupa	8 Munchable Lunch Kit PB & J Uncrustable	9 Spaghetti & Meatballs Cheeseburger	10 Chicken Nuggets & Potatoes Bean & Cheese Burrito
13 Turkey & Cheese Sandwich Pepperoni Pizza	14 Cheeseburger Chicken Patty on Bun	15 Chef Salad PB & J Uncrustable	16 Pizza Hot Pocket Pork BBQ Rib patty on Bun	17 Chicken Nuggets & Potatoes Bean & Cheese Burrito
20 Corn Dog Pepperoni Pizza	21 Pizza Hot Pocket Bean & Cheese Chalupa	22 Munchable Lunch Kit PB & J Uncrustable	23 Spaghetti & Meatballs Cheeseburger	24 Chicken Nuggets & Potatoes Bean & Cheese Burrito
27 Turkey & Cheese Sandwich Pepperoni Pizza	28 Cheeseburger Chicken Patty on Bun	29 Chef Salad PB & J Uncrustable	30 Pizza Hot Pocket Pork BBQ Rib patty on Bun	31 Chicken Nuggets & Potatoes Bean & Cheese Burrito Pumpkin Cookie
SIDES				
Broccoli Fruit	Corn Fruit	Baby Carrots Fruit	Salad Cup Fruit	Baby Carrots Fruit

## Breakfast Includes:

Entrée  
Reduced-Sugar Cereal,  
1% Milk and  
Fresh Fruit or  
100% Fruit Juice.

## Monday Entrée

Honey Roasted Sunflower Seeds  
And Low-Fat Yogurt

## Tuesday Entrée

Low-Fat String Cheese  
Super Wholesome Bear Graham

## Wednesday Entrée

Bagel with your choice  
of either cream cheese or  
peanut butter

## Thursday Entrée

Whole Grain Mini Muffin

## Friday Entrée

Whole Grain Pop Tart

## Breakfast Prices

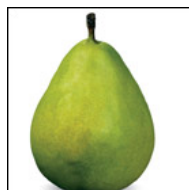
Paid: \$1.00; Reduced: Free  
Staff: \$1.75

## Lunch Prices

Paid: \$1.25; Reduced: \$0.40  
Staff: \$2.25

Menu subject to change.

**Harvest  
of the  
Month**  
Network for a Healthy California



## Lunch Includes:

Your choice of one entrée,  
vegetable, milk, fruit and  
100% fruit juice.

## Pear Facts

- There are more than 3,000 varieties of pears worldwide.
- 98% of all pears grown in the U.S. are grown in California, Oregon & Washington.
- The Bartlett pear variety is America's favorite pear.
- Pears ripen better off the tree and from the inside out.
- Pears are best when eaten with the peel, as that is where most of the fiber & antioxidants are found.

## Attention Parents!

Do you want to work a couple of hours a day? Do you want to work while your children are in school? We are looking for dependable and hardworking people to work for Food services at LUSD. If you are interested, please contact Classified Personnel at 742-3220