

MENUS FOR MAY 2012



Manhattan Beach Unified School District
This institution is an equal opportunity provider.

SNACK WELL?

Snack foods are loaded with empty calories from solid fats and added sugar. Sad thing is, a third of all of our daily calories, on average, come from candy, chips, soda, pastries, and other junky snack foods. Luckily, there's a cure for this condition: can you say fresh fruit?



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!



MOTHER'S DAY - MAY 13, 2012
FATHER'S DAY - JUNE 17, 2012

Available Daily

Sun-Butter
& Grape Jelly
served on a whole grain
Sandwich Thin
or
Yogurt-Fruit-Cereal-Parfait
and
Meal Includes:
All you can eat Fruit-Veggie Bar
Milk

The cafeteria staff will serve your child if he/she request's it.
On occasion parents refuse to pay for what their children have eaten. If your child is ordering lunch without your permission, you must notify the Food Service Office so that we can permanently place a notation on your child's account as to your request not to serve him or her in the future.

Visit MBCampusCafe.org for contact info.

Lunch: \$3.50

Any monies remaining in your child's NutriKids account will carryover for use the next school year; regardless of the school they will be attending.

Tuesday, May 1

Honey Rib Sandwich ✧
Caesar Salad
Fruit-Veggie Bar
Milk

OR

Dominos Cheese Pizza
Dominos Pepp Pizza
Caesar Salad
Fruit-Veggie Bar
Milk

Wednesday, May 2

Spaghetti w/ Meat sauce
Minute-Maid Juice Bar
Fruit-Veggie Bar
Milk

OR

Cheese Quesadilla
Minute-Maid Juice Bar
Fruit-Veggie Bar
Milk

Thursday, May 3

Mac & Cheese
Caesar Salad
Fruit-Veggie Bar
Milk

OR

Dominos Cheese Pizza
Dominos Pepp Pizza ✧
Caesar Salad
Fruit-Veggie Bar
Milk

Friday, May 4

DonLee Teriyaki Beef w/Rice
Baby Carrots & Dip
Fortune Cookie
Fruit-Veggie Bar
Milk

OR

Tyson Chicken Hip-Dipper
Baby Carrots & Dip
Fortune Cookie
Fruit-Veggie Bar
Milk

Monday, May 7

Hamburger -Cheeseburger ✧
Tater Tots
Fruit-Veggie Bar
Milk

OR

Tyson Chicken Bites
Tater Tots
Fruit-Veggie Bar
Milk

Tuesday, May 8

BBQ Chix Sandwich
Caesar Salad
Fruit-Veggie Bar
Milk

OR

Dominos Cheese Pizza
Dominos Pepp Pizza ✧
Caesar Salad
Fruit-Veggie Bar
Milk

Wednesday, May 9

Chicken Soft Tacos
Spanish Rice
Fruit-Veggie Bar
Milk

OR

Grilled Cheese Sandwich
Spanish Rice
Fruit-Veggie Bar
Milk

Thursday, May 10

Jennie-O Deli Sandwich ✧
Fresh Pineapple
Fruit-Veggie Bar
Milk

OR

Dominos Cheese Pizza
Dominos Pepp Pizza ✧
Fresh Pineapple
Fruit-Veggie Bar
Milk

Friday, May 11

Lings Chix Teriyaki
w/ Chow Mein Noodles
Carnival Crunch Mix
Fruit-Veggie Bar
Milk

OR

Tuna Sandwich on
Pepperidge Farm Fishy
Shaped Bread
Carnival Crunch Mix
Fruit-Veggie Bar
Milk

Monday, May 14

Chicken Taquitos
Brown Rice
Fruit-Veggie Bar
Milk

OR

Rainbow Trout Treasures
Brown Rice
Fruit-Veggie Bar
Milk

Tuesday, May 15

Bean & Cheese Burrito
Corn on the Cob
Fruit-Veggie Bar
Milk

OR

Dominos Cheese Pizza
Dominos Pepp Pizza *
Corn on the Cob
Fruit-Veggie Bar
Milk

Wednesday, May 16

Breaded Oven Baked Chicken
w/ Mashed Potatoes
Fruit-Veggie Bar
Milk

OR

Jennie-O Deli Sandwich ♦
Tiny Pretzel Twists
Fruit-Veggie Bar
Milk

Thursday, May 17

Baked Potato w/ Fixin's
Caesar Salad
Fruit-Veggie Bar
Milk

OR

Dominos Cheese Pizza
Dominos Pepp Pizza *
Caesar Salad
Fruit-Veggie Bar
Milk

Friday, May 18

French Toast Sticks
w/ Jennie-O Turkey Sausage
Fresh Strawberries
Fruit-Veggie Bar
Milk

OR

Mini Chicken Tacos
Fresh Strawberries
Fruit-Veggie Bar
Milk

Monday, May 21

Hamburger -Cheeseburger ⇄
Fresh Pineapple
Fruit-Veggie Bar
Milk

OR

Tyson WG Chicken Nuggets
Fresh Pineapple
Fruit-Veggie Bar
Milk

Tuesday, May 22

Jennie-O Deli Sandwich ♦
GoGurt
Fruit-Veggie Bar
Milk

OR

Dominos Cheese Pizza
Dominos Pepp Pizza *
GoGurt
Fruit-Veggie Bar
Milk

Wednesday, May 23

Chili Served Nacho Style ✚
Fruit-Veggie Bar
Milk

OR

Baked Potato w/ Fixin's
Dinner Roll
Fruit-Veggie Bar
Milk

Thursday, May 24

**PRE-ORDERED
& PRE-PAID
LUNCH ONLY**

**MUST COMPLETE
MIN DAY LUNCH
ORDER FORM**

Deli Sandwich
Baked Chips
Baby Carrots & Ranch Dip
Fresh Fruit
Choice of Milk

Friday, May 25

Mini Chicken Tacos
Baby Carrots & Dip
Fruit-Veggie Bar
Milk

OR

Cheese Lasagna & Roll
Baby Carrots & Dip
Fruit-Veggie Bar
Milk

Monday, May 28



MEMORIAL DAY

No School Today

Tuesday, May 29

Roasted BBQ Chicken
w/ Corn Muffin
Caesar Salad
Fruit-Veggie Bar
Milk

OR

Dominos Cheese Pizza
Dominos Pepp Pizza *
Caesar Salad
Fruit-Veggie Bar
Milk

Wednesday, May 30

Soft Beef Tacos
Baked Chips & Salsa
Fruit-Veggie Bar
Milk

OR

Grilled Cheese Sandwich
Baked Chips & Salsa
Fruit-Veggie Bar
Milk

Thursday, May 31

Chicken Bagel Dog
Go-Gurt
Fruit-Veggie Bar
Milk

OR

Dominos Cheese Pizza
Dominos Pepp Pizza *
Go-Gurt
Fruit-Veggie Bar
Milk

I am the letter

J



jar



Berry Brush

Strawberries don't only belong on your plate -- they make great toothpaste, too, especially for whitening teeth and removing stains. The seeds in strawberries act as a mild abrasive, and strawberries also contain a chemical called malic acid that removes stains. Want to try? Just mash a strawberry with a little baking soda and then brush the mixture on. Let the berry goo sit on your teeth



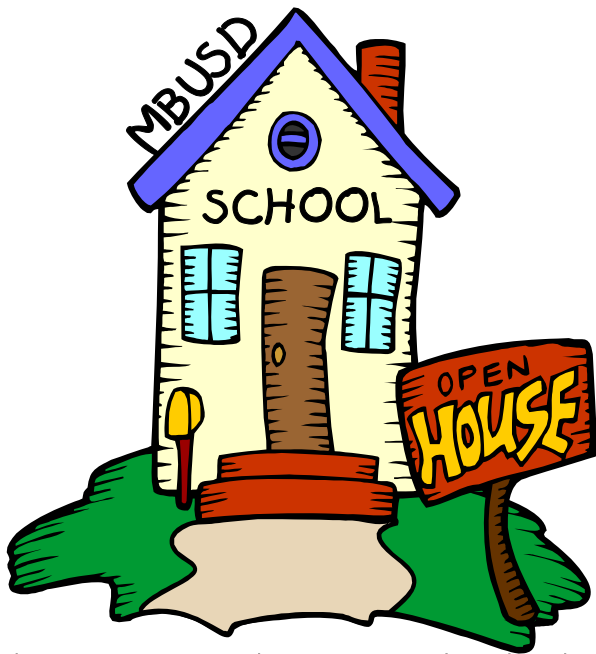
for five minutes or so, and then brush normally. "Berry Brush" once a week for bright and shiny teeth! Tastes good, too!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

-Milk & Yogurt served do not contain HFCS or Gluten.
-Breads, Buns, Baked Goods and Pasta served are Whole Grain
-Our menu is nut free

- ♦ Turkey product only~ no pork
- * Pork Product
- ✚ Beef Product
- Contains Milk

Please call the Food Service Office if you have questions about allergens in a specific item on the menu: 310.318.7345 x5031 or Shannon x3130. Allergen information is reported by the manufacturer. We do our best to share information with the parents, however menus are subject to change and substitutions.



This institution is an equal opportunity provider and employer.

\$ 3.50 Elementary School
\$.40 All Reduced Students

MENU

Deli Sandwich
Baked Chips
Baby Carrots
Ranch Dip
Fresh Fruit
Milk

Minimum Day LUNCH

Order FORM

Turn in to the school office at least
3 DAYS BEFORE the Minimum Day

MINIMUM DAY DATE: _____

SCHOOL: _____

GRADE: _____ Room No: _____

FIRST NAME: _____

LAST NAME: _____

Milk Choice (circle 1) WHITE CHOCOLATE

PAYMENT BY CHECK check# _____ \$ amount _____

PAYMENT ON NUTRIKIDS ACCOUNT

PLEASE MAKE SURE THERE IS MONEY IN YOUR CHILD'S NUTIKIDS MEAL ACCOUNT

YOU ARE ORDERING A PRE-PAID & PRE-ORDERED MEAL. Since this meal is being prepared to order, there are no refunds if the lunch is not picked up by your child.

Questions? Call Shannon 310.318.7345 x3130