
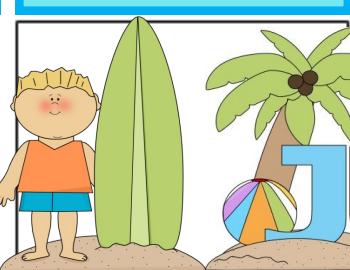















June 2018

Elementary Lunch

Prepay online at www.myschoolbucks.com!







*All meals are served with 1% low-fat white milk or nonfat chocolate milk.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY AVERAGE
 <p>Happy Father's Day June 17th!</p>	 <p>JUNE</p>			 <p>Smart Slice Whole Grain Pepperoni or Cheese Pizza Green Peas</p> <p>Fruit & Veggie Bar</p>	<p>Calories: 557 Total Fat: 19.4g Sat. Fat: 5.6g Fiber: 8.3g Sodium: 931mg</p>
 <p>Meatless Monday Mac & Cheese Whole Grain Breadstick WG Chocolate Chip Cookie Steamed Broccoli</p> <p>Fruit & Veggie Bar</p>	 <p>Mini Chicken Corn Dogs Sweet Corn</p> <p>Fruit & Veggie Bar</p>	 <p>Hamburger or Cheeseburger on a Whole Grain Bun Baked Crinkle-Cut Fries</p> <p>Fruit & Veggie Bar</p>	 <p>Brunch for Lunch Cinnamon French Toast Lean Beef Sausage Fruit Cup</p> <p>Fruit & Veggie Bar</p>	 <p>Smart Slice Whole Grain Pepperoni or Cheese Pizza Sliced Carrots</p> <p>Fruit & Veggie Bar</p>	<p>Calories: 550 Total Fat: 18.7g Sat. Fat: 5.8g Fiber: 7.4g Sodium: 868mg</p>
 <p>Meatless Monday Rip & Dip Cheesy Bread With Marinara Sauce Fruit Cup</p> <p>Fruit & Veggie Bar</p>	 <p>Taco Tuesday Soft Chicken Tacos Salsa, Lettuce & Cheese Pinto Beans</p> <p>Fruit & Veggie Bar</p>	 <p>Chicken Smackers Whole Grain Roll Baked Crinkle-Cut Fries</p> <p>Fruit & Veggie Bar</p>	 <p>Oven Roasted Turkey & Cheese Sandwich WG Goldfish Crackers Applesauce</p> <p>Fruit & Veggie Bar</p>	 <p>Smart Slice Whole Grain Pepperoni or Cheese Pizza Green Peas</p> <p>Fruit & Veggie Bar</p>	<p>Calories: 558 Total Fat: 18.6g Sat. Fat: 5.1g Fiber: 7.7g Sodium: 981mg</p>

<p>Meal Price:</p> <p>Full Price—\$3.50</p> <p>Reduced Price—\$0.40</p> <p>Milk Only—\$0.50</p>
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Redondo Beach USD
is getting **GREENER!**

*We now use recyclable paper trays in all of our cafeterias & plastic straws are available upon request.

<p>Menu Key:</p> <p> Meatless Option</p> <p> Contains Beef</p> <p> Contains Pork</p> <p> Whole Grain</p> <p> Smart Snack Dessert</p> <p>*Menu Subject to Change</p>	
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June 2018

Elementary Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY AVERAGE
 18 Meatless Monday Cheese Ravioli Whole Grain Breadstick Fruit Sorbet Fruit & Veggie Bar	 19 Oven Baked Chicken Nuggets Whole Grain Roll Emoji Fries Fruit & Veggie Bar	 20 Last Day of School! Smart Slice Whole Grain Pepperoni or Cheese Pizza Green Beans Fruit & Veggie Bar	21 	22 	Calories: 536 Total Fat: 17.8g Sat. Fat: 4.9g Fiber: 6.6g Sodium: 810mg
25	26 	27	28	29	
					

Alternate Choices:
Days Available

- PBJ + Cheese Stick   **MTWTHF**
- Grilled Cheese Sandwich   **MTWTHF**
- Bean & Cheese Burrito   **MTWTH**
- Fish Nuggets  **F**

Redondo Beach Unified School District

All students must select a 1/2 cup of fruit or vegetable.

This institution is an equal opportunity provider.

June is National Dairy Month!

Milk and dairy foods contain a *package of nutrients* that are an essential part of a healthy eating plan. Dairy foods are excellent sources of protein, calcium, vitamin D, phosphorus, magnesium, potassium, and many other nutrients. These foods help build strong bones, can boost immunity, lower blood pressure, reduce risk of diabetes and help individuals maintain a healthy weight.

The Dietary Guidelines for Americans recommends that individuals ages 9 and older consume 3 servings of milk, cheese or yogurt each day. Children ages 4-8 years should consume 2-1/2 cups each day.