


October 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	UPDATES:
 1 Meatless Monday Stuffed Cheese Sticks With Marinara Sauce Fruit Cup Fruit & Veggie Bar	 2 Crispy Chicken Sandwich Baked Tater Tots Fruit & Veggie Bar	 3 Mini Chicken Corn Dogs Sweet Corn Fruit & Veggie Bar	 4 Beef Teriyaki Dippers Brown Rice Sliced Carrots WG Fortune Cookie Fruit & Veggie Bar	 5 Smart Slice Whole Grain Pepperoni or Cheese Pizza Green Peas Fruit & Veggie Bar	 <p>New Menu Entrées this Month:</p> <p>Meatless Monday Cheese Lasagna on Monday, 8th.</p> <p>Spaghetti & Meatballs on Wednesday, 17th.</p> <p>Brunch for Lunch Belgian Waffle on Thursday, 25th.</p> <p>Halloween Special! Spooky Chicken Nuggets on Tuesday, 30th.</p> <p>Be sure to stop by your school's cafeteria to try them!</p>
  8  Meatless Monday Cheese Lasagna With Marinara Sauce Whole Grain Breadstick WG Chocolate Chip Cookie Fruit & Veggie Bar	 9 Taco Tuesday Chicken Taco Bowl Salsa, Lettuce & Cheese Tortilla Chips Pinto Beans Fruit & Veggie Bar	 10 Oven Baked Chicken Nuggets Whole Grain Roll Emoji Fries Fruit & Veggie Bar	 11 Brunch for Lunch Pancakes Lean Beef Sausage Applesauce Fruit & Veggie Bar	 12 Smart Slice Whole Grain Pepperoni or Cheese Pizza Green Beans Fruit & Veggie Bar	
National School Lunch Week!  15 Meatless Monday Cheese Quesadilla Sweet Corn Fruit & Veggie Bar	 16 Chicken Smackers Whole Grain Biscuit Mashed Potatoes Fruit & Veggie Bar	  17  Spaghetti & Meatballs With Marinara Sauce WG Mini Rice Krispie Treat Fruit Cup Fruit & Veggie Bar	 18 State Fair Turkey Corn Dog Baked Tater Tots Fruit & Veggie Bar	 19 Smart Slice Whole Grain Pepperoni or Cheese Pizza Green Peas Fruit & Veggie Bar	

Meal Price:

Full Price—\$3.50

Reduced Price—\$0.40






Milk Only—\$0.50

Redondo Beach USD

is getting **GREENER!**

*We now use recyclable paper trays in all of our cafeterias

Menu Key:

-  Meatless Option
-  Contains Beef
-  Contains Pork
-  Whole Grain
-  Smart Snack Dessert

*Menu Subject to Change

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	UPDATES:
  22 Meatless Monday Mac & Cheese Whole Grain Roll WG Chocolate Chip Cookie Fruit Cup Fruit & Veggie Bar	 23 Taco Tuesday Crunchy Turkey Tacos Salsa, Lettuce & Cheese Pinto Beans Fruit & Veggie Bar	  24 Hamburger or Cheeseburger on a Whole Grain Bun Oven Baked Fries Fruit & Veggie Bar	  25 Brunch for Lunch  Belgian Waffle Lean Beef Sausage Applesauce Fruit & Veggie Bar	  26 Smart Slice Whole Grain Pepperoni or Cheese Pizza Green Beans Fruit & Veggie Bar	<p>New This School Year...</p> <p>To access the Nutrition Facts & Allergen Information for each meal served, please find the links on the Child Nutrition Website under the <i>Menus, Nutrition Facts & Allergens</i> Tab on the right-hand side of the home page.</p>
 29 Meatless Monday Cheese Ravioli Whole Grain Breadstick Fruit Cup Fruit & Veggie Bar	 30 Halloween Special! Spooky Chicken Nuggets Spider Web Fries Whole Grain Roll WG Pumpkin Cookie Fruit & Veggie Bar	31 No School			
					

Alternate Choices:

Days Available

- PBJ, String Cheese & Goldfish  **M - F**
- Grilled Cheese Sandwich  **M - F**
- Bean & Cheese Burrito  **M - F**
- Fish Nuggets  **F**

Our Smart Snack Desserts are only served with the menu's Main Entrée and not with the Alternate Choices

Redondo Beach Unified School District

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

This institution is an equal opportunity provider.

Come Celebrate
National School Lunch Week
 with us on **October 15th-19th!**
Parents: Did you know?...

- ~ 30 million students enjoy healthy lunches every school day.
- ~ Today's school lunches meet strict nutrition standards, including limits on calories, sodium & unhealthy fats.
- ~ Entrées must include whole grains & lean protein.
- ~ Daily lunches must also include 1 cup of 1% or nonfat milk, 1/2 cup serving of fresh fruits & 3/4 cup of vegetables.

