

January 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
No School 1 	 2 Mini Chicken Corn Dogs Sweet Corn Fruit & Veggie Bar	  3  Brunch for Lunch Cinnamon French Toast Lean Beef Sausage Applesauce Fruit & Veggie Bar	  4 Crispy Chicken Sandwich Baked Crinkle-Cut Fries WG Celebration Cookie Fruit & Veggie Bar	  5 Smart Slice Whole Grain Pepperoni or Cheese Pizza Green Peas Fruit & Veggie Bar	Calories: 569 Total Fat: 19.6g Sat. Fat: 5.1g Fiber: 8.0g Sodium: 795mg
  8 Meatless Monday Mac & Cheese Whole Grain Breadstick Green Beans Fruit & Veggie Bar	  9 Turkey Chili Bowl Whole Grain Corn Bread WG Celebration Cupcake Fruit Cup Fruit & Veggie Bar	  10 Hamburger on a Whole Grain Bun Baked Crinkle-Cut Fries Fruit & Veggie Bar	 11 Orange Chicken Brown Rice Sliced Carrots Fruit & Veggie Bar	  12 Smart Slice Whole Grain Pepperoni or Cheese Pizza Sweet Corn Fruit & Veggie Bar	Calories: 573 Total Fat: 17.7g Sat. Fat: 5.2g Fiber: 8.8g Sodium: 918mg
15 No School	  16 Taco Tuesday Soft Chicken Tacos Salsa, Lettuce & Cheese WG Chocolate Chip Cookie Pinto Beans Fruit & Veggie Bar	  17 Brunch for Lunch Pancakes Lean Beef Sausage Applesauce Fruit & Veggie Bar	 18 Oven Baked Chicken Nuggets Whole Grain Roll Emoji Fries Fruit & Veggie Bar	  19 Smart Slice Whole Grain Pepperoni or Cheese Pizza Sliced Carrots Fruit & Veggie Bar	Calories: 556 Total Fat: 18.7g Sat. Fat: 5.0g Fiber: 7.6g Sodium: 889mg

Meal Price:
 Full Price—\$3.50
 Reduced Price—\$0.40
 Milk a la Carte—\$0.50

Redondo Beach USD
 is getting **GREENER!**
 *We now use recyclable paper trays in all our cafeterias.














Menu Key:

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

*Menu Subject to Change

January 2018

Elementary Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY AVERAGE
 22 NEW! Meatless Monday Rip & Dip Cheesy Bread With Marinara Sauce Fruit Cup Fruit & Veggie Bar	 23 NEW! Chicken Smackers Whole Grain Roll Mashed Potatoes WG Celebration Cupcake Fruit & Veggie Bar	 24 Teriyaki Chicken Brown Rice Green Beans Fruit & Veggie Bar	 25 Oven Roasted Turkey & Cheese Sandwich WG Baked Chips Applesauce Fruit & Veggie Bar	 26 Smart Slice Whole Grain Pepperoni or Cheese Pizza Green Peas Fruit & Veggie Bar	Calories: 572 Total Fat: 19.0g Sat. Fat: 5.0g Fiber: 8.4g Sodium: 1001mg
  29 Meatless Monday Cheese Ravioli Whole Grain Breadstick WG Celebration Cookie Steamed Broccoli Fruit & Veggie Bar	 30 Taco Tuesday Turkey Taco Boat Salsa, Lettuce & Cheese Pinto Beans Fruit & Veggie Bar	 31 Oven Baked Chicken Tenders Whole Grain Roll Emoji Fries Fruit & Veggie Bar			Calories: 584 Total Fat: 20.3g Sat. Fat: 5.8g Fiber: 8.6g Sodium: 868mg
					

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.



January is Fiber Focus Month!

Fiber is a type of carbohydrate that your body cannot digest, yet it is an important nutrient that has many health benefits including promoting good digestion, making you feel full longer and reducing the risk of several chronic diseases and conditions including diabetes, high cholesterol, heart disease, and obesity. Dietary fiber is found in plant foods such as fruits, vegetables, whole grains, nuts, seeds and beans. It is recommended children (4-8 years old) get 25 grams a day, girls (9-13) 26 grams a day and boys (9-13) 31 grams a day.