













# February 2018

# Elementary Lunch






Prepay online at [www.myschoolbucks.com](http://www.myschoolbucks.com)!

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY AVERAGE
			 <b>1</b> <b>Brunch for Lunch</b> <b>Pancakes</b> Lean Beef Sausage Applesauce  <b>Fruit &amp; Veggie Bar</b>	 <b>2</b> <b>Smart Slice</b> Whole Grain Pepperoni or Cheese Pizza Green Peas  <b>Fruit &amp; Veggie Bar</b>	<b>Calories: 558</b> <b>Total Fat: 18.3g</b> <b>Sat. Fat: 5.3g</b> <b>Fiber: 7.9g</b> <b>Sodium: 815mg</b>
<b>5</b>  <b>No School</b>	 <b>6</b> <b>Mini Chicken</b> <b>Corn Dogs</b> Sweet Corn  <b>Fruit &amp; Veggie Bar</b>	 <b>7</b> <b>Hamburger or</b> <b>Cheeseburger</b> <b>on a Whole Grain Bun</b> Baked Crinkle-Cut Fries  <b>Fruit &amp; Veggie Bar</b>	 <b>8</b> <b>Orange Chicken</b> Brown Rice Steamed Broccoli WG Chocolate Chip Cookie  <b>Fruit &amp; Veggie Bar</b>	 <b>9</b> <b>Smart Slice</b> Whole Grain Pepperoni or Cheese Pizza Sliced Carrots  <b>Fruit &amp; Veggie Bar</b>	<b>Calories: 534</b> <b>Total Fat: 17.5g</b> <b>Sat. Fat: 4.9g</b> <b>Fiber: 7.4g</b> <b>Sodium: 760mg</b>
 <b>12</b> <b>Meatless Monday</b> <b>Rip &amp; Dip Cheesy Bread</b> With Marinara Sauce Fruit Cup  <b>Fruit &amp; Veggie Bar</b>	 <b>13</b> <b>Taco Tuesday</b> <b>Soft Chicken Tacos</b> Salsa, Lettuce & Cheese Pinto Beans  <b>Fruit &amp; Veggie Bar</b>	 <b>14</b> <b>Valentine's Day!</b> <b>Heart-Shaped</b> <b>Chicken Nuggets</b> Emoji Fries WG Heart Cookie  <b>Fruit &amp; Veggie Bar</b>	 <b>15</b> <b>Smart Slice</b> Whole Grain Pepperoni or Cheese Pizza Green Beans  <b>Fruit &amp; Veggie Bar</b>	<b>16</b>  <b>No School</b>	<b>Calories: 555</b> <b>Total Fat: 19.1g</b> <b>Sat. Fat: 5.5g</b> <b>Fiber: 7.6g</b> <b>Sodium: 926mg</b>

 **Meal Price:**  
 Full Price—\$3.50  
 Reduced Price—\$0.40  
 Milk Only—\$0.50










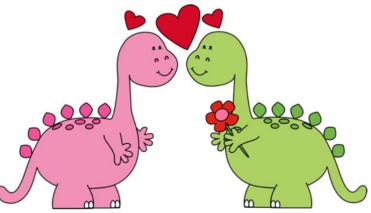


**Redondo Beach USD**  
 is getting **GREENER!**  
 \*We now use recyclable paper trays in all our cafeterias.

**Menu Key:**  
 Meatless Option  
 Contains Beef  
 Contains Pork  
 Whole Grain  
 Smart Snack Dessert  
 \*Menu Subject to Change



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## Elementary Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY AVERAGE
<p>19</p> <p><b>No School</b></p>	<p>20</p> <p> <b>Chicken Smackers</b> Whole Grain Roll Mashed Potatoes WG Celebration Cupcake</p> <p><b>Fruit &amp; Veggie Bar</b></p>	<p>21</p> <p> <b>Oven Roasted Turkey &amp; Cheese Sandwich</b> WG Goldfish Crackers Applesauce</p> <p><b>Fruit &amp; Veggie Bar</b></p>	<p>22</p> <p> <b>Brunch for Lunch</b> Cinnamon French Toast Lean Beef Sausage Fruit Cup</p> <p><b>Fruit &amp; Veggie Bar</b></p>	<p>23</p> <p> <b>Smart Slice</b> Whole Grain Pepperoni or Cheese Pizza Green Peas</p> <p><b>Fruit &amp; Veggie Bar</b></p>	<p><b>Calories: 581</b> <b>Total Fat: 19.5g</b> <b>Sat. Fat: 5.0g</b> <b>Fiber: 8.6g</b> <b>Sodium: 950mg</b></p>
<p>26</p> <p> <b>Meatless Monday</b> <b>Cheese Ravioli</b> Whole Grain Breadstick WG Celebration Cookie Fruit Cup</p> <p><b>Fruit &amp; Veggie Bar</b></p>	<p>27</p> <p> <b>Taco Tuesday</b> <b>Turkey Taco Boat</b> Salsa, Lettuce &amp; Cheese Pinto Beans</p> <p><b>Fruit &amp; Veggie Bar</b></p>	<p>28</p> <p> <b>Oven Baked Chicken Nuggets</b> Whole Grain Roll Emoji Fries</p> <p><b>Fruit &amp; Veggie Bar</b></p>			<p><b>Calories: 585</b> <b>Total Fat: 20.6g</b> <b>Sat. Fat: 5.6g</b> <b>Fiber: 8.3g</b> <b>Sodium: 858mg</b></p>
					

**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.



**February is National Sweet Potato Month!**

Sweet potatoes are one of the top vegetables loaded with many antioxidants and nutrients including Vitamin A, Vitamin C, fiber & potassium. In honor of National Sweet Potato Month, try eating sweet potatoes baked, mashed, roasted, grilled, stuffed in a pie or in a casserole. Yum!!