

May 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 Mother's Day May 13th!</p> | <p>1</p> <p>Mini Chicken Corn Dogs Sweet Corn</p> <p>Fruit & Veggie Bar</p> | <p>2</p> <p>Hamburger or Cheeseburger on a Whole Grain Bun Baked Crinkle-Cut Fries</p> <p>Fruit & Veggie Bar</p> | <p>3</p> <p>Brunch for Lunch Pancakes Lean Beef Sausage Fruit Cup</p> <p>Fruit & Veggie Bar</p> | <p>4</p> <p>School Lunch Hero Day! Smart Slice Whole Grain Pepperoni or Cheese Pizza Green Peas WG Celebration Cookie Fruit & Veggie Bar</p> | <p>Calories: 527 Total Fat: 17.2g Sat. Fat: 4.9g Fiber: 7.3g Sodium: 744mg</p> |
| <p>7</p> <p>Meatless Monday Mac & Cheese Whole Grain Breadstick Steamed Broccoli</p> <p>Fruit & Veggie Bar</p> | <p>8</p> <p>Taco Tuesday Soft Chicken Tacos Salsa, Lettuce & Cheese Pinto Beans</p> <p>Fruit & Veggie Bar</p> | <p>9</p> <p>Oven Baked Chicken Nuggets Whole Grain Roll Emoji Fries</p> <p>Fruit & Veggie Bar</p> | <p>10</p> <p>Orange Chicken Brown Rice Green Beans</p> <p>Fruit & Veggie Bar</p> | <p>11</p> <p>Smart Slice Whole Grain Pepperoni or Cheese Pizza Sliced Carrots</p> <p>Fruit & Veggie Bar</p> | <p>Calories: 542 Total Fat: 17.4g Sat. Fat: 5.0g Fiber: 7.3g Sodium: 943mg</p> |
| <p>14</p> <p>Meatless Monday Rip & Dip Cheesy Bread With Marinara Sauce Fruit Cup</p> <p>Fruit & Veggie Bar</p> | <p>15</p> <p>Chicken Smackers Whole Grain Roll Baked Crinkle-Cut Fries</p> <p>Fruit & Veggie Bar</p> | <p>16</p> <p>Cheese Quesadilla Sweet Corn</p> <p>Fruit & Veggie Bar</p> | <p>17</p> <p>Oven Roasted Turkey & Cheese Sandwich WG Goldfish Crackers Applesauce</p> <p>Fruit & Veggie Bar</p> | <p>18</p> <p>Smart Slice Whole Grain Pepperoni or Cheese Pizza Green Peas</p> <p>Fruit & Veggie Bar</p> | <p>Calories: 563 Total Fat: 19.8g Sat. Fat: 5.9g Fiber: 7.3g Sodium: 932mg</p> |

Meal Price:

Full Price—\$3.50
Reduced Price—\$0.40
Milk Only—\$0.50



SCHOOL LUNCH HERO DAY






May 4, 2018

Between preparing healthy food, adhering to strict nutrition standards, navigating student food allergies and offering service with a smile, RBUSD's Child Nutrition Staff have a lot on their plate! Be sure to stop by your school's cafeteria to thank your School Lunch Heroes for all of their hard work and dedication!





SCHOOL LUNCH HERO DAY
No need for a cape when you have an apron.

Menu Key:

















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

*Menu Subject to Change










May 2018

Elementary Lunch


| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | WEEKLY AVERAGE |
|---|---|---|--|--|--|
|  21 Meatless Monday Cheese Ravioli Whole Grain Breadstick Fruit Sorbet Fruit & Veggie Bar |  22 Chicken Tenders Whole Grain Roll Emoji Fries Fruit & Veggie Bar |  23 Hamburger or Cheeseburger on a Whole Grain Bun Baked Crinkle-Cut Fries Fruit & Veggie Bar |  24 Brunch for Lunch Cinnamon French Toast Lean Beef Sausage Fruit Cup Fruit & Veggie Bar |  25 Smart Slice Whole Grain Pepperoni or Cheese Pizza Green Beans Fruit & Veggie Bar | Calories: 532 Total Fat: 17.2g Sat. Fat: 4.7g Fiber: 6.8g Sodium: 773mg |
| No School 28 Memorial Day  |  29 Taco Tuesday Turkey Taco Boat Salsa, Lettuce & Cheese Pinto Beans Fruit & Veggie Bar |  30 Crispy Chicken Sandwich Baked Tater Tots Fruit & Veggie Bar |  31 Teriyaki Chicken Brown Rice Sliced Carrots Fruit & Veggie Bar |  | Calories: 585 Total Fat: 21.0g Sat. Fat: 5.8g Fiber: 8.7g Sodium: 974mg |
|  |  |  |  |  |  |

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.

 **May is National Strawberry Month!**
 Strawberry season is coming and we're excited to have fresh strawberries available on our daily fruit and veggie bars. Strawberries are filled with antioxidants and many other vitamins and nutrients including Vitamin C, Potassium, Fiber, and Magnesium. Strawberries boost your immune system, protect your heart, increase HDL (good) cholesterol and lower your blood pressure. Try adding them to your yogurt, smoothies, salads & desserts!