

Elementary Menu 2009/2010

January 25 - February 19

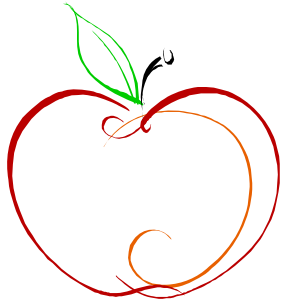
Lunch Price:
Daily \$2.25
10 Days \$22.50

Reduced Price:
Daily \$2.50
10 Days \$25.00

- FYI -

A complete meal includes a variety of fruit and vegetables plus a choice of lowfat or lowfat chocolate milk. Chocolate milk is not served with Breakfast.

This menu is designed to include a variety of foods that meet the desires of students while staying within the guidelines provided by the United States Department of Agriculture. If you have questions or suggestions about the school nutrition program please give us a call at 463-5269.




Eligible students may receive meals for Free or at a Reduced Price. Check with your child's school or the Food Service Office for details (463-5269).

| Mon. Jan 25 | Tues. Jan 26 | Wed. Jan 27 | Thurs. Jan 28 | Fri. Jan 29 |
|--|---|--|---|--|
| Lunch: Poor Boy Sand. Multi Grain Corn Dog Fiesta Bean Burrito* Pepperoni Pizza | Lunch: Chef's Salad Grilled Cheese* Hamburger Beef Teriyaki Dippers (w Garlic Breadstick) | Lunch: Ham Sandwich Galaxy Cheese Pizza* Turkey Hot Dog Cook's Choice?? | Lunch: Yogurt & Fresh Fruit* Fiesta Bean Burrito* Chicken Burger Turkey Pizza Pocket | Lunch: Tuna Sandwich Pizza Sticks* Cheeseburger Twins Chicken Nuggets (w/Wheat Roll) |
| Breakfast: Assorted Muffins Yogurt or Cereal | Breakfast: Pancakes Yogurt or Cereal | Breakfast: Breakfast Burrito Yogurt or Cereal | Breakfast: Biscuit/Sausage Yogurt or Cereal | Breakfast: WW Honey Bun Yogurt or Cereal |

| Mon. Feb 1 | Tues. Feb 2 | Wed. Feb 3 | Thurs. Feb 4 | Fri. Feb 5 |
|--|--|--|--|--|
| Lunch: Poor Boy Sand. Multi Grain Corn Dog Fiesta Bean Burrito* Pepperoni Pizza | Lunch: Fiesta Taco Salad Grilled Cheese* Hamburger Buffalo Chicken Tenders (w Garlic Breadstick) | Lunch: Turkey Sandwich Galaxy Cheese Pizza* Turkey Hot Dog Beef Soft Taco | Lunch: Yogurt & Fresh Fruit* Fiesta Bean Burrito* Chicken Burger Meatball Calzone | Lunch: PB & J* Pizza Sticks* Cheeseburger Twins Chicken (w/Wheat Roll) |
| Breakfast: Granola Bar Yogurt or Cereal | Breakfast: French Toast Sticks Yogurt or Cereal | Breakfast: Breakfast Pizza Yogurt or Cereal | Breakfast: Pancake & Sausage Yogurt or Cereal | Breakfast: Blueberry Scone Yogurt or Cereal |

| Mon. Feb 8 | Tues. Feb 9 | Wed. Feb 10 | Thurs. Feb 11 | Fri. Feb 12 |
|--|---|--|---|---|
| Lunch: Poor Boy Sand. Multi Grain Corn Dog Fiesta Bean Burrito* Pepperoni Pizza | Lunch: Chef's Salad Grilled Cheese* Hamburger Beef Teriyaki Dippers (w Garlic Breadstick) | Lunch: Ham Sandwich Galaxy Cheese Pizza* Turkey Hot Dog Cook's Choice?? | Lunch: Yogurt & Fresh Fruit* Fiesta Bean Burrito* Chicken Burger Turkey Pizza Pocket | Non Work Day No School |
| Breakfast: Assorted Muffins Yogurt or Cereal | Breakfast: Pancakes Yogurt or Cereal | Breakfast: Breakfast Burrito Yogurt or Cereal | Breakfast: Sunrise Sandwich Yogurt or Cereal | |

| Mon. Feb 15 | Tues. Feb 16 | Wed. Feb 16 | Thurs. Feb 17 | Fri. Feb 18 |
|---|--|--|--|--|
| President's Day No School  | Lunch: PB & J* Grilled Cheese* Hamburger Buffalo Chicken Tenders (w Garlic Breadstick) | Lunch: Turkey Sandwich Galaxy Cheese Pizza* Turkey Hot Dog Beef Soft Taco | Lunch: Yogurt & Fresh Fruit* Fiesta Bean Burrito* Chicken Burger Meatball Calzone | Lunch: PB & J* Pizza Sticks* Cheeseburger Twins Tiny Trout/Taters |
| | Breakfast: French Toast Sticks Yogurt or Cereal | Breakfast: Breakfast Pizza Yogurt or Cereal | Breakfast: Pancake & Sausage Yogurt or Cereal | Breakfast: Cranberry Scone Yogurt or Cereal |

| Lunch Nutrition Facts | | |
|--------------------------|---------|----------|
| Based on Weekly Averages | | |
| | Goal: | Average: |
| Calories: | 664 | 683 |
| Total Fat: | <30% | 25% |
| Saturated Fat: | <10% | 9% |
| Iron: | 3.5 mg | 10.3 mg |
| Vitamin A: | 1119 IU | 5203 IU |
| Vitamin C: | 15 mg | 42 mg |

Ukiah Unified School District is an equal opportunity provider and employer.

| Breakfast Nutrition Facts | | |
|---------------------------|--------|----------|
| Based on Weekly Averages | | |
| | Goal: | Average: |
| Calories: | 498 | 499 |
| Total Fat: | <30% | 18% |
| Saturated Fat: | <10% | 7% |
| Iron: | 2.6 mg | 6.4 mg |
| Vitamin A: | 839 IU | 1425 IU |
| Vitamin C: | 11 mg | 37 mg |