

# NUTRITION SERVICES BRANCH

## Elementary School Breakfast & Lunch Menu



Our % of fat nutrient analysis for lunch on the week of:

May 31-Jun. 3 = 24.53%  
 Jun. 6-10 = 23.30%  
 Jun. 13-17 = 26.88%  
 Jun. 20-24 = 25.04%  
 Jun. 27-Jul. 1 = 23.14%

For the breakfast fat nutrient analysis, contact the Nutrition Services Branch at (562) 427-7923.

◆ May contain pork  
 An 8 oz variety of milk is offered with all meals.  
 \*\* In addition to featured cereal, non-sugared cereal will also be available.



**FRUITED YOGURT**  
 (Featured Daily for Breakfast and Lunch)  
**CRUNCHY JUBILEE**  
 (Featured Daily for Breakfast Only)

In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

### PRACTICE HEALTHY FOOD HABITS!

Everyday foods are foods from the food groups: Grains, Fruits, Vegetables, Meat/Beans and Dairy.



Eat these foods daily and for most meals and snacks.

Sometimes foods are treats like cookies, chips and candy.



Sometimes foods can be eaten for holidays, special occasions or weekly treats.

#### June 1

*Breakfast*  
 FRUIT LOOPS CEREAL\*\* OR CINNAMON ROLL W/ICING & STRING CHEESE APPLESAUCE  
 ORANGE JUICE (4 OZ)

*Lunch*  
 TERIYAKI MEATBALLS W/RICE OR MANAGER'S CHOICE PEAS  
 APPLE SLICES  
 CORNBREAD

#### June 2

*Breakfast*  
 HONEY NUT CHEERIOS CEREAL\*\* OR BEEF & BEAN BURRITO  
 DICED PEACHES  
 JUNGLE CRACKERS  
 ORANGE JUICE (4 OZ)

*Lunch*  
 CHILI CHEESE W/POTATO WEDGES OR HAMBURGER ON WHEAT BUN  
 WHOLE KERNEL CORN  
 SHREDDED LETTUCE  
 FRESH PEAR  
 GRAHAM CRACKERS

#### June 3

*Breakfast*  
 VARIETY CEREAL\*\* OR WHOLE GRAIN PANCAKES W/SYRUP & SAUSAGE PATTY ◆  
 VARIETY FRUIT  
 VARIETY JUICE (4 OZ)

*Lunch*  
 GALAXY PEPPERONI PIZZA ◆ OR GALAXY CHEESE PIZZA  
 TOSSED SALAD W/RANCH DRESSING  
 VARIETY FRUIT  
 CHOCOLATE CAKE W/TOPPING

#### June 6

*Breakfast*  
 REDUCED SUGAR COCOA PUFFS CEREAL\*\* OR CHEESE-FILLED BREAKFAST STICKS, HASH BROWN POTATOES, APPLE JUICE (4 OZ)

*Lunch*  
 GRILLED CHEESE SANDWICH OR MESQUITE CHICKEN W/BBQ SAUCE, VEGETARIAN BEANS, APPLE SLICES, MIXED FRUIT, WHOLE GRAIN ROLL

#### June 7

*Breakfast*  
 REDUCED SUGAR CINNAMON TOAST CRUNCH CEREAL\*\* OR BREAKFAST SAUSAGE PIZZA ◆, FRESH ORANGE, GRAHAM CRACKERS, APPLE JUICE (4 OZ)

*Lunch*  
 BREADED CHICKEN PATTY ON WHEAT BUN OR BEAN & CHEESE TOSTADA, WHOLE KERNEL CORN, SHREDDED LETTUCE, FROZEN PEAR CUP, VANILLA PUDDING W/RAINBOW SPRINKLES

#### June 8

*Breakfast*  
 HONEY NUT CHEERIOS CEREAL\*\* OR CINNAMON ROLL W/ICING & STRING CHEESE, MIXED FRUIT, APPLE JUICE (4 OZ)

*Lunch*  
 ITALIAN MEAT SAUCE W/WHOLE WHEAT PASTA OR BEEF & BEAN BURRITO, TOSSED SALAD W/RANCH DRESSING, BANANA, BREADSTICK

#### June 9

*Breakfast*  
 FRUIT LOOPS CEREAL\*\* OR PIZZA BAGEL, APPLESAUCE, GOLDEN SPICE BREAD, ORANGE JUICE (4 OZ)

*Lunch*  
 CORN DOG OR BEEF TERIYAKI BOWL  
 BABY CARROTS W/RANCH DRESSING  
 FRESH PEAR  
 GRAHAM CRACKERS

#### June 10

*Breakfast*  
 VARIETY CEREAL\*\* OR BEAN & CHEESE BURRITO, VARIETY FRUIT, VARIETY JUICE (4 OZ)

*Lunch*  
 CHICKEN NUGGETS OR WHOLE WHEAT PEPPERONI PIZZA ◆, GREEN BEANS  
 VARIETY FRUIT  
 WHOLE GRAIN ROLL





# NUTRITION SERVICES BRANCH



## Elementary School Breakfast & Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>June 13</b></p> <p><i>Breakfast</i> FROSTED MINI WHEATS CEREAL** OR FLAPJACKET ♦ W/SYRUP, DICED PEARS, APPLE JUICE (4 OZ)</p> <p><i>Lunch</i> BREADED CHICKEN PATTY ON WHEAT BUN OR FISH NUGGETS W/TARTAR SAUCE MACARONI &amp; CHEESE PEAS APPLE SLICES</p>	<p><b>June 14</b></p> <p><i>Breakfast</i> REDUCED SUGAR CINNAMON TOAST CRUNCH CEREAL** OR BREAKFAST SAUSAGE PIZZA ♦, DICED PEACHES, GOLDEN SPICE BREAD, ORANGE JUICE (4 OZ)</p> <p><i>Lunch</i> CHILI CHEESE NACHOS OR HOT DOG ♦ ON WHEAT BUN, MIXED VEGETABLES, MIXED FRUIT, FRESH ORANGE</p>	<p><b>June 15</b></p> <p><i>Breakfast</i> CHOCOLATE MINI WHEATS CEREAL** OR CINNAMON ROLL W/ICING &amp; STRING CHEESE, BANANA, ORANGE JUICE (4 OZ)</p> <p><i>Lunch</i> GRILLED CHEESE SANDWICH OR TINCHER TACO SHREDDED LETTUCE APPLESAUCE HONEY BEAR CRACKERS</p>	<p><b>June 16</b> LAST DAY FOR TRADITIONAL SCHOOLS</p> <p><i>Breakfast</i> TRIX CEREAL** OR FRENCH TOAST STICKS W/SYRUP &amp; STRING CHEESE, MIXED FRUIT, ORANGE JUICE (4 OZ)</p> <p><i>Lunch</i> GALAXY PEPPERONI PIZZA ♦ OR GALAXY CHEESE PIZZA GREEN BEANS VARIETY FRUIT GRAHAM CRACKERS</p>	<p><b>June 17</b></p> <p><i>Breakfast</i> VARIETY CEREAL** OR BEEF &amp; BEAN BURRITO, VARIETY FRUIT, VARIETY JUICE (4 OZ)</p> <p><i>Lunch</i> MESQUITE CHICKEN W/BBQ SAUCE OR HAMBURGER ON WHEAT BUN WHOLE KERNEL CORN SHREDDED LETTUCE DICED PEACHES WHOLE GRAIN ROLL</p>
<p><b>June 20</b></p> <p><i>Breakfast</i> REDUCED SUGAR COCOA PUFFS CEREAL** OR BELGIAN WAFFLES W/SYRUP &amp; SAUSAGE PATTY ♦, DICED PEACHES, APPLE JUICE (4 OZ)</p> <p><i>Lunch</i> GRILLED CHEESE SANDWICH OR RIB-B-QUE SANDWICH ♦ W/BBQ SAUCE, POTATO ROUNDS, APPLE SLICES</p>	<p><b>June 21</b></p> <p><i>Breakfast</i> FROSTED MINI WHEATS CEREAL** OR PIZZA BAGEL, MIXED FRUIT, GOLDEN SPICE BREAD, ORANGE JUICE (4 OZ)</p> <p><i>Lunch</i> BEEF &amp; BEAN BURRITO OR TERIYAKI CHICKEN W/RICE PEAS APPLESAUCE PEACH CUP</p>	<p><b>June 22</b></p> <p><i>Breakfast</i> HONEY NUT CHEERIOS CEREAL** OR CINNAMON ROLL W/ICING &amp; STRING CHEESE, FROZEN PEAR CUP, ORANGE JUICE (4 OZ)</p> <p><i>Lunch</i> HAMBURGER ON WHEAT BUN OR CHICKEN TENDERS, POTATO WEDGES, SHREDDED LETTUCE, BANANA, WHOLE GRAIN ROLL</p>	<p><b>June 23</b></p> <p><i>Breakfast</i> CHOCOLATE MINI WHEATS CEREAL** OR BEAN &amp; CHEESE BURRITO, APPLESAUCE, GRAHAM CRACKERS, ORANGE JUICE (4 OZ)</p> <p><i>Lunch</i> ITALIAN MEAT SAUCE W/CHEESE-FILLED BREADSTICK OR CORN DOG, BABY CARROTS W/RANCH DRESSING, DICED PEACHES, FRESH PEAR</p>	<p><b>June 24</b></p> <p><i>Breakfast</i> VARIETY CEREAL** OR WHOLE GRAIN PANCAKES W/SYRUP &amp; SAUSAGE PATTY ♦, VARIETY FRUIT, VARIETY JUICE (4 OZ)</p> <p><i>Lunch</i> WHOLE GRAIN CHEESE PIZZA OR WHOLE WHEAT PEPPERONI PIZZA ♦, COLESLAW, CINNAMON CRACKERS, VARIETY FRUIT</p>
<p><b>June 27</b></p> <p><i>Breakfast</i> REDUCED SUGAR CINNAMON TOAST CRUNCH CEREAL** OR MANAGER'S CHOICE, MIXED FRUIT, APPLE JUICE (4 OZ)</p> <p><i>Lunch</i> SMOKEY JOE ON WHEAT BUN OR CHICKEN NUGGETS, GREEN BEANS, APPLE SLICES, WHOLE GRAIN ROLL</p>	<p><b>June 28</b></p> <p><i>Breakfast</i> TRIX CEREAL** OR BREAKFAST SAUSAGE BAGEL ♦, PEACH CUP, GRAHAM CRACKERS, ORANGE JUICE (4 OZ)</p> <p><i>Lunch</i> CHICKEN TENDERS OR CHILI VERDE W/RICE, BABY CARROTS W/RANCH DRESSING, FRESH ORANGE, FLOUR TORTILLA</p>	<p><b>June 29</b></p> <p><i>Breakfast</i> FRUIT LOOPS CEREAL** OR CINNAMON ROLL W/ICING &amp; STRING CHEESE, APPLESAUCE, ORANGE JUICE (4 OZ)</p> <p><i>Lunch</i> TERIYAKI MEATBALLS W/RICE OR MANAGER'S CHOICE, PEAS, BANANA, MIXED FRUIT CUP, HAWAIIAN ROLL</p>	<p><b>June 30</b></p> <p><i>Breakfast</i> HONEY NUT CHEERIOS CEREAL** OR BEEF &amp; BEAN BURRITO, DICED PEACHES, GOLDEN SPICE BREAD, ORANGE JUICE (4 OZ)</p> <p><i>Lunch</i> CHILI CHEESE W/POTATO WEDGES OR HAMBURGER ON WHEAT BUN, WHOLE KERNEL CORN, SHREDDED LETTUCE, FRESH PEAR, JUNGLE CRACKERS</p>	

**MENUS ARE SUBJECT TO CHANGE WITHOUT NOTICE.**

Parents may call (562) 427-7923 then press 400 for a recorded message of the breakfast and lunch menus.

For further information, consult the Internet at [http://www.lbschools.net/Main\\_Offices/Business\\_Services/Nutrition\\_Services/](http://www.lbschools.net/Main_Offices/Business_Services/Nutrition_Services/)