

Lunch \$2.50 (milk included)

Extra Milk .50

Tustin Unified School District 2011-12 Elementary Lunch Menu



Arroyo, Beswick, Heideman, Ladera, Lambert, Nelson, Thorman, TMA

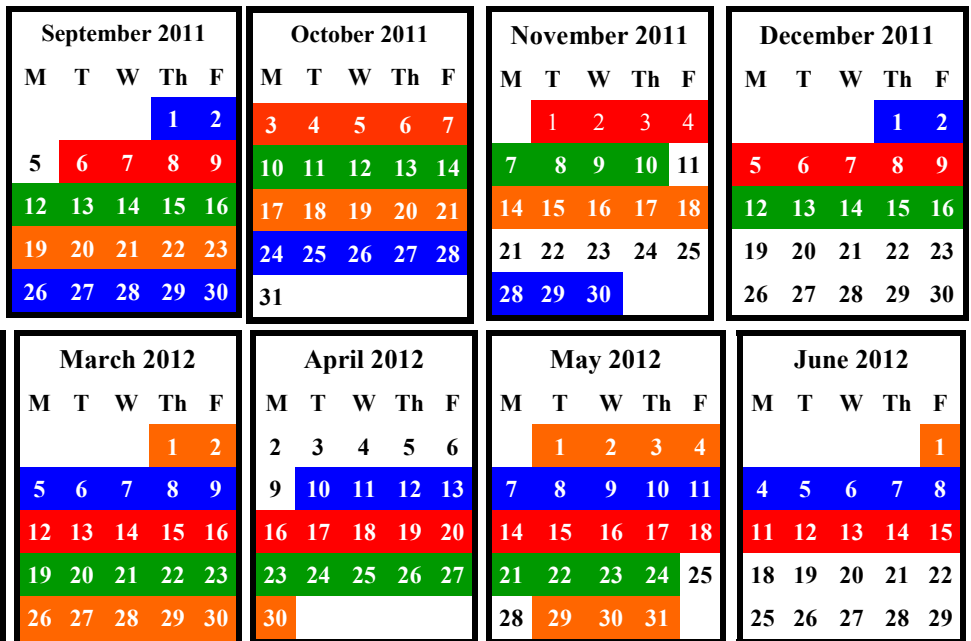
Nutritionals	Monday	Tuesday	Wednesday	Thursday	Friday	
Menu #1	Actual— Target	Cheese Bagel Pizza	Bean & Cheese Burrito	Tyson Chicken & Baked Seasoned Wedges	Classic Cheeseburger Or Garden Burger	Whole Grain Macaroni & Cheese
	Calories 653 645		4oz Yogurt		Quaker Kids Mix	Whole Grain Baked Fruit Pie
	Total Fat 24% <30%					
	Sat Fat 9.9% <10%					
	Iron 3.9mg 3.3mg					
Menu #2	Actual— Target	Cheese Pizza Sticks with Dipping Marinara Sauce	BBQ Chicken Quesadilla	Tyson Chicken & Baked Potato	Whole Grain Chicken Bagel Dog	Chicken Taquitos with Spanish Rice
	Calories 660 645		4oz Yogurt	Whole Grain Cookie		Whole Grain Baked Fruit Pie
	Total Fat 22% <30%					
	Sat Fat 7.7% <10%					
	Iron 4.2mg 3.3mg					
Menu #3	Actual— Target	Cheese Bagel Pizza	Taco Hot Pocket	Tyson Chicken & Deli Roasted Potatoes	Classic Cheeseburger Or Garden Burger	Orange Chicken Bowl with Brown Rice
	Calories 675 645		4oz Yogurt		Quaker Kids Mix	Whole Grain Baked Fruit Pie
	Total Fat 23% <30%					
	Sat Fat 8.2% <10%					
	Iron 4.4mg 3.3mg					
Menu #4	Actual— Target	Tony's Cheese Pizza	Cinnamon Glazed French Toast OR Coby Cheese Omelet & Blueberry Muffin	Tyson Chicken & Baked Sweet Potato Fries	Whole Wheat Grilled Cheese Sandwich	Whole Grain Low Fat Mini Corn Dogs with Baked Beans
	Calories 657 645		4oz Yogurt	Whole Grain Cookie		Whole Grain Baked Fruit Pie
	Total Fat 26% <30%					
	Sat Fat 8.5% <10%					
	Iron 3.3mg 3.3mg					
Fruit & Vegetable of the day	Banana Chilled Fruit Cup Baby Carrots Green Salad	Orange Wedges Chilled Fruit Cup Jicama Sticks Green Salad	Apple Slices Chilled Fruit Cup Marinated Carrots Green Salad	Kiwi Chilled Fruit Cup Cucumber Slices and Tomatoes Green Salad	Fresh Fruit Chilled Fruit Cup Broccoli Salad Green Salad	
Seasonal Fruits/Vegetables may be substituted						

Detailed Nutritionals and Breakfast menus are available on our website.

Learn how to "Get Your Health On" at www.tustin.k12.ca.us —click on Wellness to visit our interactive and educational Nutrition Services Website. Check out our classroom party and special event menu.

Parents are encouraged to prepay for lunches online at www.mylunchmoney.com or by check (please write student number).

Free and Reduced price applications are available online or at any of the school offices or online. You may apply any time during the year.



Menu items subject to substitution by items of equal nutritional value.

Visit our Website: www.tustin.k12.ca.us