

**Lunch \$2.50 (milk included)**  
**Extra Milk .50**

# Tustin Unified School District 2009-10 Elementary Lunch Menu



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

Daily Sides	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Menu #1</b> Choose 1 Fruit Apple Slices or Seasonal Fresh Fruit Chilled Fruit Cup Choose 1 Vegetable Baby Carrots Small Salad	Turkey Pepperoni Pizza Pocket	Classic Cheeseburger Baked Chips	Spaghetti with Meat Sauce Low Fat Chocolate Chip Cookie	Grilled Turkey Ham and Cheese Sandwich Baked Fruit Pie	Cheese Enchiladas with Black Beans Frozen Juice Pop
<b>Menu #2</b> Choose 1 Fruit Orange Slices or Seasonal Fresh Fruit Chilled Fruit Cup Choose 1 Vegetable Jicama Sticks Broccoli Salad	Cheese Bagel Pizza	Chicken Corn Dog Baked Fruit Pie	Chicken Nuggets and Potatoes Low Fat Chocolate Chip Cookie	Whole Grain Chili Cheese Wrap	Carne Asada Tacos with Spanish Rice
<b>Menu #3</b> Choose 1 Fruit Kiwi or Seasonal Fresh Fruit Chilled Fruit Cup Choose 1 Vegetable Baby Carrots Cucumber Slices	Low Fat Pepperoni Pizza	Classic Cheeseburger Baked Chips	Sliced Turkey and Mashed Potatoes with Gravy Baked Fruit Pie	Taco Nada Baked Fruit Pie	Chicken Taquitos with Pinto Beans Frozen Juice Pop
<b>Menu #4</b> Choose 1 Fruit Petite Banana or Seasonal Fresh Fruit Chilled Fruit Cup Choose 1 Vegetable Jicama Sticks Bean Salad	Pizza Sticks	Bean and Cheese Burrito	Chicken Nuggets and Potatoes	Chili Cheese Dog	Teriyaki Beef Dunkers with Fried Rice

Breakfast menus are available on our website.

Learn how to "Get Your Health On" at [www.tustin.k12.ca.us](http://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](http://www.mylunchmoney.com) or by check (please write student number).

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



Follow the menu with it's calendar day. Each week is represented by color and represents a 4 week cycle menu.

September 2009	October 2009	November 2009	December 2009
M T W Th F 1 2 3 4 7 8 9 10 11 14 15 16 17 18 21 22 23 24 25 28 29 30	M T W Th F 1 2 5 6 7 8 9 12 13 14 15 16 19 20 21 22 23 26 27 28 29 30	M T W Th F 2 3 4 5 6 9 10 11 12 13 16 17 18 19 20 23 24 25 26 27 30	M T W Th F 1 2 3 4 7 8 9 10 11 14 15 16 17 18 21 22 23 24 25 28 29 30 31

January 2010	February 2010	March 2010	April 2010	May 2010	June 2010
M T W Th F 1 4 5 6 7 8 11 12 13 14 15 18 19 20 21 22 25 26 27 28 29	M T W Th F 1 2 3 4 5 8 9 10 11 12 15 16 17 18 19 22 23 24 25 26	M T W Th F 1 2 3 4 5 8 9 10 11 12 15 16 17 18 19 22 23 24 25 26 29 30 31	M T W Th F 1 2 5 6 7 8 9 12 13 14 15 16 19 20 21 22 23 26 27 28 29 30	M T W Th F 3 4 5 6 7 10 11 12 13 14 17 18 19 20 21 24 25 26 27 28 31	M T W Th F 1 2 3 4 7 8 9 10 11 14 15 16 17 18 21 22 23 24 25 28 29 30

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

Visit our Website: [www.tustin.k12.ca.us](http://www.tustin.k12.ca.us)