

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

# Tustin Unified School District 2009-10 Elementary Lunch Menu



Benson, Estock, Guin Foss, Hicks, Loma Vista, Myford, Peters Canyon, Red Hill, Tustin Ranch, Veeh

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	Spaghetti with Meat Sauce  Low Fat Chocolate Chip Cookie	Classic Cheeseburger  Baked Chips	Cheese Enchiladas with Black Beans  Frozen Juice Pop	Grilled Turkey Ham and Cheese Sandwich  Baked Fruit Pie
<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 Nuggets and Potatoes  Low Fat Chocolate Chip Cookie	Chicken Corn Dog  Baked Fruit Pie	Carne Asada Tacos with Spanish Rice	Whole Grain Chili Cheese Wrap
<b>Menu #3</b> Choose 1 Fruit Kiwi or Seasonal Fresh Fruit Chilled Fruit Cup Choose 1 Vegetable Baby Carrots Sliced Cucumbers	Low Fat Pepperoni Pizza	Sliced Turkey and Mashed Potatoes with Gravy  Baked Fruit Pie	Classic Cheeseburger  Baked Chips	Chicken Taquitos with Pinto Beans  Frozen Juice Pop	Taco Nada  Baked Fruit Pie
<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	Chicken Nuggets and Potatoes	Bean and Cheese Burrito	Teriyaki Beef Dunkers with Fried Rice	Chili Cheese Dog

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
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
May 2010	June 2010		
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)