



Cupertino Union School District  
 Student Nutrition Services  
 October 2017 Lunch Menu



Harvest of the Month

Monday	Tuesday	Wednesday	Thursday	Friday	Average Nutrients	
<b>2</b> Cheese Calzone (V) Baby Carrots Frozen Fruit Cup 100% Juice Assorted Fruit	<b>3</b> Chicken Drumstick or Veggie Nuggets (V) with Tater Tots Fresh Green Salad Assorted Fruit Kids Snack Mix	<b>4</b> Cheese Pizza Round (V) Celery Sticks <b>Pears</b>	<b>5</b> Tangerine Chicken or Chana Masala (V) Brown Rice Cucumber Coins Assorted Fruit	<b>6</b> Macaroni & Cheese (V) Edamame Assorted Fruit Chocolate Chip Cookie	Calories 627 Total Fat 29% Protein 28 g Calcium 495 mg Iron 3.6 mg Vitamin C 29 mg Vitamin A 6360 IU	
<b>9</b> Mini Cheeseburgers or Bean & Cheese Pocket (V) Baby Carrots RIPS Assorted Fruit	<b>10</b> Chicken Nuggets or Veggie Nuggets (V) with Tater Tots Celery Sticks Assorted Fruit Cheez Itz	<b>11</b> Cheese Pizza Wedge (V) Cold Bean Salad <b>Pears</b> Despicable me Crackers	<b>12</b> Mini Corn Dogs or Veggie Nuggets (V) with Tater Tots Broccoli Florets Assorted Fruit	<b>13</b> Cheese Ravioli (V) Cucumber Coins Assorted Fruit Mini Rice Krispie Treats	Calories 609 Total Fat 29% Protein 25 g Calcium 477 mg Iron 3.3 mg Vitamin C 24 mg Vitamin A 3913 IU	
<b>16</b> <b>No School            Staff Learning Day</b> 	<b>17</b> Turkey Pizza Pocket or Cheese Quesadilla (V) Baby Carrots Frozen Fruit Cup 100% Juice Assorted Fruit Chocolate Elf Grahams	<b>18</b> Cheese Pizza Longboard (V) Cucumber Coins <b>Pears</b>	<b>19</b> Tangerine Chicken or Chana Masala (V) Brown Rice Salad Greens Assorted Fruit	<b>20</b> Cheese Breadsticks (V) Marinara Cups Celery Sticks Assorted Fruit Chocolate Chip Cookie	Calories 616 Total Fat 26% Protein 29 g Calcium 446 mg Iron 3.5 mg Vitamin C 36 mg Vitamin A 9475 IU	
<b>23</b> Grilled Cheese Sandwich (V) Baby Carrots RIPS Assorted Fruit	<b>24</b> Chicken Patty on a Bun or Veggie Patty on a Bun (V) Celery Sticks Assorted Fruit Kids Snack Mix	<b>25</b> French Bread Cheese Pizza (V) Cucumber Coins <b>Pears</b>	<b>26</b> Mini Corn Dogs or Veggie Nuggets (V) with Tater Tots Broccoli Florets Assorted Fruit Bug Bites	<b>27</b> Turkey & Cheese Sandwich or Bean & Cheese Burrito Edamame Assorted Fruit Mini Rice Krispie Treats	Calories 618 Total Fat 28% Protein 26 g Calcium 554 mg Iron 3.8 mg Vitamin C 27 mg Vitamin A 3760 IU	
<b>30</b> Chicken Corn Dog or Cheese Calzone (V) Baby Carrots Frozen Fruit Cup 100% Juice Assorted Fruit	<b>31</b> Halloween Chicken Nuggets or Veggie Nuggets (V) with Tater Tots Celery Sticks Assorted Fruit Halloween Cookie	<b>Prepay for meals online at:</b> <a href="https://family.titank12.com">https://family.titank12.com</a> 			<b>Lunch Prices</b> Full Price \$3.25 Reduced Price \$0.40 Milk Only \$0.75	Calories 547 Total Fat 26% Protein 22 g Calcium 399 mg Iron 3.6 mg Vitamin C 54 mg Vitamin A 4372 IU

Milk offered daily with lunch

V=Vegetarian

Menu Subject to change without notice

This institution is an equal opportunity provider