







Cupertino Union School District Student Nutrition Services

January 2018 Lunch Menu



Kiwi

Harvest of the Month

Monday	Tuesday	Wednesday	Thursday	Friday	Average Nutrients
1 No School Winter Break 	2 Chicken Corn Dog (30) or Cheese Calzone (V) (42) Baby Carrots Assorted Fruit	3 Cheese Pizza Longboard (V) (29) Cucumber Coins Kiwi Kids Snack Mix	4 Teriyaki Chicken (84) or Chana Masala (V) (74) Brown Rice Celery Sticks NEW! Assorted Fruit	5 Cheese Breadsticks (V) (50) Marinara Cups Broccoli Florets Assorted Fruit Mini Rice Krispie Treats	Calories 538 Total Fat 24% Protein 26 g Calcium 418 mg Iron 2.7 mg Vitamin C 28 mg Vitamin A 3367 IU
8 Turkey Taco Pocket (31) or Bean & Cheese Pocket (V) (43) Baby Carrots Assorted Fruit	9 Chicken Patty on a Bun (44) or Veggie Patty on a Bun (V) (45) Celery Sticks Assorted Fruit Despicable Me Crackers	10 French Bread Cheese Pizza (V) (36) Cucumber Coins Kiwi	11 Cheeseburger Meatloaf (25) or Veggie Nuggets (V) (37) with Mashed Potatoes Salad Greens Assorted Fruit	12 Macaroni & Cheese (V) (43) Edamame Assorted Fruit Chocolate Chip Cookie NEW!	Calories 566 Total Fat 30% Protein 26 g Calcium 467 mg Iron 3.2 mg Vitamin C 23 mg Vitamin A 2503 IU
15 No School Martin Luther King Jr. Day 	16 Chicken Nuggets (30) or Veggie Nuggets (V)(34) with Tater Tots Celery Sticks Assorted Fruit Kids Snack Mix	17 Cheese Pizza Round (V) (29) Baby Carrots Kiwi	18 Teriyaki Chicken (84) or Chana Masala (V) (74) Brown Rice Cucumber Coins Assorted Fruit	19 Bean & Cheese Nacho Bites (V)(32) Broccoli Florets Assorted Fruit Mini Rice Krispie Treats	Calories 551 Total Fat 28% Protein 23 g Calcium 361 mg Iron 3.1 mg Vitamin C 22 mg Vitamin A 2543 IU
22 Mini Cheeseburgers (36) or Bean & Cheese Pocket (V) (43) Baby Carrots Assorted Fruit	23 Chicken Tenders (30) or Veggie Nuggets (V) (37) with Mashed Potatoes Cucumber Coins Assorted Fruit	24 Cheese Pizza Wedge (V) (34) Salad Greens Kiwi	25 Cheese Tortellini (V) (37) Celery Sticks Assorted Fruit Chocolate Chip Cookie NEW!	26 No School Staff Learning Day 	Calories 508 Total Fat 28% Protein 26 g Calcium 464 mg Iron 2.9 mg Vitamin C 25 mg Vitamin A 2558 IU
29 Macaroni & Cheese (V) (43) Baby Carrots Assorted Fruit	30 Chicken Drumstick (19) or Veggie Nuggets (V) (34) with Tater Tots Broccoli Florets Assorted Fruit Cheez Itz	31 Cheese Pizza Longboard (V) (29) Celery Sticks Kiwi Kids Snack Mix	Prepay for meals online at: https://family.titank12.com  Lunch Prices Full Price \$3.25 Reduced Price \$0.40 Milk Only \$0.75		Calories 591 Total Fat 32% Protein 28 g Calcium 553 mg Iron 3.1 mg Vitamin C 31 mg Vitamin A 2705 IU

Milk offered daily with lunch

V=Vegetarian

2017-2018 New Student (TK-8th) Priority Registration - January 22 - February 14, 2018
 2017-2018 Open Enrollment Information - January 31 - February 14, 2018

Please visit www.cusdk8.org for information

Student Assignment Office: 408-252-3000 ext. 61110

Menu Subject to change without notice

This institution is an equal opportunity provider

Numbers in () indicate the total amount of carbohydrates in the entree item