




**Cupertino Union School District
Student Nutrition Services
October 2018 Lunch Menu**



| Monday | Tuesday | Wednesday | Thursday | Friday | Average Nutrients |
|---|---|--|--|--|--|
| 1 Cheese Pizza In a Box (V) (33) Baby Carrots Assorted Fresh Fruit Chocolate Chip Cookie | 2 Chicken Tenders (27) or Veggie Nuggets (V) (34) Tater Tots Fresh Vegetable Cup Assorted Fresh Fruit | 3 General Tso's Chicken Vegetable Fried Rice (79) or Yogurt & Muffin Basket (V) (63) Broccoli Florets Assorted Fresh Fruit Cheez It Crackers | 4 Chicken Drumstick (35) or Veggie Nuggets (V) (50) Biscuit Fresh Vegetable Cup Assorted Fresh Fruit | 5 Cheese Ravioli (40) with Spaghetti Sauce (V) Edamame Assorted Fresh Fruit 100 % Juice Cup | Calories 550 Total Fat 25% Protein 27 g Calcium 477 mg Iron 2.4 mg Vitamin C 29 mg Vitamin A 3349 IU |
| 8 Cheese Pizza French Bread (V) (36) Baby Carrots Assorted Fresh Fruit Goldfish Crackers | 9 Chicken Patty on a Bun (44) or Veggie Patty on a Bun (V) (45) Fresh Vegetable Cup Assorted Fresh Fruit | 10 Teriyaki Chicken with Vegetable Fried Rice (65) or Yogurt & Muffin Basket (V) (63) Corn Assorted Fresh Fruit | 11 Penne Pasta with Spaghetti Sauce (V) (34) Broccoli Florets Assorted Fresh Fruit Snack Mix | 12 Cheese Breadsticks (V) (50) Marinara Dipping Cup Bean Salad Assorted Fresh Fruit 100 % Juice Cup | Calories 598 Total Fat 25% Protein 28 g Calcium 412 mg Iron 3.4 mg Vitamin C 28 mg Vitamin A 3145 IU |
| 15 No School Staff Learning Day  | 16 Chicken Nuggets (30) or Veggie Nuggets (V) (34) Tater Tots Baby Carrots Assorted Fresh Fruit Chocolate Chip Cookie | 17 Cheese Pizza Round (V) (34) Green Salad Assorted Fresh Fruit Bear Graham Cracker | 18 Chicken Drumstick (35) or Veggie Nuggets (V) (50) Biscuit Fresh Vegetable Cup Assorted Fresh Fruit | 19 Macaroni & Cheese (V) (43) Edamame Assorted Fresh Fruit 100 % Juice Cup | Calories 576 Total Fat 33% Protein 25 g Calcium 535 mg Iron 3.2 mg Vitamin C 23 mg Vitamin A 3089 IU |
| 22 Cheese Pizza Longboard (V)(29) Baby Carrots Assorted Fresh Fruit Brownie Bites | 23 Chicken Tenders (27) or Veggie Nuggets (V) (34) Tater Tots Fresh Vegetable Cup Assorted Fresh Fruit | 24 Orange Chicken with Vegetable Fried Rice (75) or Yogurt & Muffin Basket (V) (63) Broccoli Florets Assorted Fresh Fruit | 25 Penne Pasta with Spaghetti Sauce (V) (34) Fresh Vegetable Cup Assorted Fresh Fruit Snack Mix | 26 Mini Cheeseburgers (36) or Bean and Cheese Pocket (43) Bean Salad Assorted Fresh Fruit 100 % Juice Cup | Calories 563 Total Fat 26% Protein 26 g Calcium 474 mg Iron 3.7 mg Vitamin C 40 mg Vitamin A 3091 IU |
| 29 Cheese Pizza Wedge (V) (34) Baby Carrots Assorted Fresh Fruit Goldfish Crackers | 30 Halloween Chicken Nuggets (30) or Veggie Nuggets (V) (34) Tater Tots Fresh Vegetable Cup Assorted Fresh Fruit Halloween Cookie | 31 General Tso's Chicken with Vegetable Fried Rice (79) or Yogurt & Muffin Basket (V) (63) Green Salad Assorted Fresh Fruit | <div style="border: 1px solid black; padding: 10px;"> <p>Offered Daily A choice of milk A variety of fruits and vegetables All bread items are made with whole grains V=Vegetarian</p> </div> | | Calories 578 Total Fat 28% Protein 27 g Calcium 439 mg Iron 2.4 mg Vitamin C 19 mg Vitamin A 4339 IU |

Visit our website at:
<http://www.cusdk8nutrition.com>

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

Numbers in red have been updated
 due to change in food item



Prepay for meals and check your
 student's balance online at:
<https://family.titank12.com>

Lunch Prices
 Full Price \$3.25
 Reduced Price \$0.40
 Milk Only \$0.75

Menu Subject to change without
 notice

This institution is an equal opportunity
 provider