



Monday Tuesday Wednesday Thursday Friday

<p>6 MINI CHEESEBURGER ON WHOLE WHEAT BUN BABY CARROTOS CRISPY WHOLE APPLE CHOICE OF MILK</p>	<p>7 FRENCH TOAST STICKS HASHED BROWN POTATO SAUSAGE PATTY BELLY BEAR GRAMS WHOLE BANANA CHOICE OF MILK</p>	<p>8 TACO BOAT SHREDED LETTUCE BEAR GRAHAMS CHILLED APPLE SAUCE CHOICE OF MILK</p>	<p>9 TERIYAKI CHICKEN WITH RICE HOT SLICED CARROTOS ORANGE WEDGES CHOICE OF MILK</p>	<p>10 PEPPERONI PIZZA GREEN SALAD APRICOTS CHOICE OF MILK</p>
<p>13 CHICKEN PATTIE ON BUN BAKED BEANS CRISPY WHOLE APPLE CHOICE OF MILK</p>	<p>14 BEAN & CHEESE BURRITO HOT KERNAL CORN WHOLE BANANA CHOICE OF MILK</p>	<p>15 GRILLED CHEESE SANDWICH BABY CARROTOS CHILLED PEARS CHOICE OF MILK</p>	<p>16 FRENCH BREAD PIZZA GREEN SALAD ORANGE WEDGES PRESIDENT'S COOKIE CHOICE OF MILK</p>	<p>17 NO SCHOOL TODAY</p>
<p>20 HOLIDAY</p>	<p>21 CRISPY CORNDOG OVEN TATER TOTS CRISPY WHOLE APPLE CHOICE OF MILK</p>	<p>22 CRISPY CHICKEN STRIPS HOT SLICED CARROTOS BELLYBEAR GRAMS ORANGE WEDGES CHOICE OF MILK</p>	<p>23 BBQ DUNKERS w/ BROWN RICE MIXED VEGGIE CRISPY WHOLE APPLE CHOICE OF MILK</p>	<p>24 CHEESE PIZZA BABY CARROTOS PINEAPPLE TIDBITS CHOICE OF MILK</p>
<p>27 HAMBURGER ON A BUN OVEN TATER TOTS CRISPY WHOLE APPLE CHOICE OF MILK</p>	<p>28 TACO POCKET BABY CARROTOS WHOLE BANANA CHOICE OF MILK</p>	<p>29 SPAGHETTI w/ MEAT SAUCE GREEN SALAD DINNER ROLL APRICOTS CHOICE OF MILK</p>	<p>Go to myschoolbucks.com</p>	



\$2.50 Elementary Lunch
\$.40 Reduced Lunch
\$.50 Milk
\$3.75 Adult Lunch

1% White Milk and Non-Fat Chocolate Milk Offered Daily

Menu Subject to Change

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Please visit our website: www.smfc.k12.ca.us for nutritional information

got milk?

STUDNETS FAVOR FLAVORED MILK

Low fat flavored milk helps students make a nutrition beverage choice. Data show that students choose flavored milk 70% of the time. One recent industry study showed that when schools removed or limited flavored milk options, milk consumption dropped a dramatic 35%, on average. The finding suggests that the resulting drop in milk consumption equates to a substantial loss in nutrients that can't be replaced by another beverage. It requires three to four food items to match milk's nutrient contribution and adds back more calories and fat than were being reduced.

THE EXPERTS' OPINION

The nation's leading health and nutrition organizations and the Dietary Guidelines for Americans recognize the valuable role that milk, including flavored milk, can play in meeting daily nutrient needs. In addition, they recognize the small amount of added sugars in flavored milk is an acceptable trade-off for the nutrients provided.



THE REAL STORY ON SUGARS

Flavored milk contributes just 3% of added sugars to kid's diets. Sodas, fruit drinks, on the other hand, account for close to half of the added sugar, delivering much less, if any nutrition in the process. And best of all? Studies show that children who drink flavored milk meet more of their nutrient needs and do not consume more added sugars or fat than non-milk drinkers.

FLAVORS HELP PREVENT THE SWITCH
As children move into adolescence their milk intake often decreases while their soft drink consumption doubles. Flavored milk is a good strategy for preventing the change.

An 8-ounce serving of milk flavored or not, gives kids as much...

An 8-ounce serving of milk, flavored or not, gives kids as much...

- * Vitamin A as 2 hard boiled eggs
- * Phosphorus as 1 cup of kidney beans
- * Calcium as 16 cups of raw spinach
- * Riboflavin as 1/3 cup of whole almonds
- * Vitamin D as 3/4 ounce of cooked salmon
- * Potassium as one small banana

