

Breakfast Menu

Important Note:

A reimbursable Nat'l School Breakfast program meal consists of a minimum 3 of the 4 of My Plate items offered and 1 must be ½ cup fruit

Entrées:

M: WG Turkey Sausage, Potato, Egg & Cheese Burrito*
199 cal, 1.5 g/b, 1 m/a, 30g CHO

T: WG Pan Dulce -Assorted
210 cal, 2 g/b, 34g CHO

W: Sausage, Egg Patty & Cheese on WG English Muffin
298 cal, 2.25 g/b, 2.5 m/a, 27g CHO

Th: WG Breakfast Pizza*
220 cal, 1.5 g/b, 1 m/a, 24g CHO

F: WG Honey Wheat Biscuit and Chicken Sandwich*
190 +170 cal, 1 g/b, 2 m/a, 14g CHO

Served Daily

Yogurt, Fruit and WG Granola Parfait*
332 cal, 1/2 c f, 1 g/b, 1oz m/a, 71g CHO

WG Muffin 2.5 oz. w/String Cheese
340 Cal, 1.25 g/b, 1 m/a, 44g CHO

WG BeneFIT Breakfast Bar
284 cal, 2 g/b, 48g CHO

WG (2) Mini Bagel with Cream Cheese
174 cal, 2 g/b, 18g CHO

WG Cereal – Assortment w/Graham Crackers
224 cal, 2 g/b, 40-46g CHO

WG Pancake & Sausage on a Stick*
202 cal, 1 m/a, 1.5 g/b, 25g CHO

2 WG Churros
300 cal, 2 g/b, 54g CHO

2 WG Crumb Square
304 cal, 2 g/b, 49g CHO

WG Coffee Cake
400 cal, 2 g/b, 49g CHO

***1 oz. Meat & Meat Alt. counts as 1 g/b eq.**

Variety of Fresh Fruit (**May Take 2**)
Apples, Bananas, Oranges, and Seasonal
62-105 cal, ½ c f, 20-27g CHO

Frozen Fruit Cup (**May Take 2**)
90 cal, ½ c f, 22g CHO


100% Fruit Juices (Orange, Apple, Wildberry) (**May Take 1 & a Fruit**)
55 cal, ½ c f, 15g CHO

Fruit Cup (canned) (**May Take 2**)
52-80 cal, ½ c f, 14g-19g CHO

Dried Fruit (½ c = ½ c credit) (**May Take 2**)
113 cal, 30g CHO

Milk, unflavored 1% & Non Fat and NF Flavored 8 oz.
120 cal, 14g CHO Offered Daily

2017-2018



SANTA FE MIDDLE SCHOOL
COUGAR PRIDE

2017-18

Your Name	12345678	007
ID# 123456789	BC# 123456789	



Eligible students may receive free or reduced price meals. Applications are available online at:

www.LunchApplication.com,
your school café, and the District Office.

The USDA and the CDE are Equal Opportunity Providers and Employers.

Santa Fe Middle School



HOURS

Breakfast: 7:15 am - 7:50 am

Snack: 9:50 am - 10:03 am

Lunch: 11:57 pm - 12:32 pm

Wed Snack: 9:24 am - 9:37 am

Wed Lunch: 11:05 am - 11:40 am

Breakfast: \$1.50

Lunch: \$3.25

Manager: Mildred Ramos

(626) 471-2764

mramos@monroviashools.net

Menu Subject To Change

HHFKA 2010, 022420161100KWS

Lunch Menu

Important Note:

A reimbursable Nat'l School Lunch Program meal consists of a minimum of 3 of the 5 MyPlate items; one of the meal components must be a ½ fruit, vegetable, or combination of fruit & vegetable.

Monday

WG Chicken Corn Dog: 240 cal, 2 m/a, 2 g/b, 30g CHO
WG Grilled Cheese: 288 cal, 2 m/a, 2.25 g/b, 31g CHO
Pork Veg Egg Roll w/ Rice: 288 cal, 1m/a, 2 ¼ g/b, ¼ c v, 44g CHO

Tuesday

WG Chs Pizza Stx w/Marinara Sauce: 360 cal, 2m/a, 2 g/b, 45g CHO
WG Cheese Burger Twins: 360 cal, 2 m/a, 2 ¾ g/b, 38g CHO
WG Mini Meatball Hoagie: 250cal, 2.25 m/a, 2 g/b, 1/8 c v, 28g CHO

Wednesday

BBQ Rib on WG 4"French Roll: 402 cal, 2 m/a, 2 g/b, 42.5g CHO
WG Mac and Chs 6oz w/Brd Stx: 395 cal, 2 m/a, 2.5g/b, 53g CHO
WG Turkey Sandwich: 434 cal, 2 m/a, 2.5 g/b, ½ c v, 42g CHO

Thursday

Brn Rice Bowl w/Teriyaki , Orange or *NEW* Sweet Chili Thai Chk
 198 cal, 2 m/a, 1 g/b, 28g CHO
NEW **WG Taquitos:** 335 cal, 2 m/a, 2g/b, 31g CHO
WG Roast Beef Sandwich: 434 cal, 2 m/a, 2.5 g/b, ½ c v, 42g CHO

Friday

Spicy Chk Strips , Fries & WG Aloha Roll: 480 cal, 2 m/a, 2 g/b, 36g CHO
WG Ham & Cheese: 273 cal, 2 m/a, 2 g/b, 30g CHO
WG Chili Verde Pork Quesadilla: 290 cal, 2 m/a, 2 g/b, 30g CHO

Served Daily

WG Bean & Cheese Burrito: 291 cal, 2 g/b, 2 m/a, 41g CHO
WG Beef, Bean & Salsa Burrito 280 cal, 2 m/a, 2 g/b, 41g CHO
WG Spicy Combo Burrito 290 cal, 2 m/a, 2 g/b, 41g CHO
WG Cheeseburgers: 448 cal, 2 m/a, 2 g/b, 46 CHO
WG Hamburgers: 395 cal, 2 m/a, 2 g/b, 45 g CHO
WG Chicken Sandwich: 400 cal, 2 m/a, 2 g/b, 45g CHO
WG Cheese Pizza: 300 cal, 2m/a, 2 g/b, ½ c v, 40 g CHO
Sun Butter & Jelly Sandwich : 433 cal, 2 m/a, 2 g/b, 59 g CHO

Condiments

- Ketchup
- Mayonnaise
- Mustard
- Taco Sauce
- Jalapeno
- Onion
- Pickles
- Italian Dressing Packets
- Ranch Dressing Packets

Cougar Room Windows

WG Bella Rosa Pizza: 420 - 440 cal, 2.5 m/a, 2.5 g/b, 34g CHO (Daily)
 Chicken Fingers: 220 cal, 2 m/a, 15g CHO (Daily)
NEW **BBQ Chicken Drumstick:** 170 cal, 2 m/a, 3g CHO (M/W/F)
 Potato Wedges included: 94 cal, ½ c v, 19g CHO
 Aloha Rolls included: 90 cal, 1g/b, 17g CHO (May Take 2)

Nacho Bar (T/TH)

WG Tortilla Chips: 140 cal, 2 g/b, 19g CHO
 Chili 3 oz: 220 cal, 1 m/a, ½ c v, 27g CHO
 Shredded Cheese : 113 cal, 1 m/a, 5g CHO

Daily: Fruit ½ Cup, Vegetable ½ Cup and Milk Offerings at all POS

Fruit

Variety of Fresh Fruit
Apples, Bananas, Oranges, and Seasonal
 62-105 cal, ½ c. f, 20-27g CHO

Frozen Fruit Cups

118 cal, ½ c f, 31g CHO

100% Fruit Juices (orange, apple, wild berry)
 55 cal, ½ c f, 15g CHO (ONLY OFFERED T & Th)

Fruit Cups

52-80 cal, ½ c. f, 14-19g CHO

Dried Fruit ¼ c = ½ c credit

113 cal, 30g CHO

Vegetables

(Students may take two servings)

Variety of Fresh Veggies
Carrots (may take 2), Celery, Jicama w/Tajin
 9-23 cal, ½ c. v, 2-6g CHO

Vegetarian Beans

119 cal, ½ c., 27g CHO

Corn Cups

66 cal, ½ c. v, 16g CHO

Romaine/Spinach Salad: 1 c = ½ c credit

12 cal, ½ c. v, 2g CHO

Milk

Milk, Unflavored 1% and NF Flavored 8oz.
 120 cal, 14g CHO

Salad Bar

Build your "Master Peas" at your Cougar Salad Bar,

½ Cup Vegetable

- Bell Peppers, 30 cal, 8g CHO
- Broccoli Buds, 13 cal, 2g CHO
- Carrots, 25 cal, 6g CHO
- Cauliflower Buds, 14 cal, 3g CHO
- Corn Kernel, 62 cal, 15g CHO
- Garbanzo Beans, 143 cal, 27g CHO
- Green Peas, 62 cal, 12g CHO
- Kidney Beans, 109 cal, 20g CHO
- Red Onions, 34 cal, 8g CHO
- Romaine Salad (1 c = ½ c credit), 10 cal, 2g CHO
- Sliced Cucumbers, 8 cal, 2g CHO
- Sliced Mushrooms, 7 cal, 1g CHO
- Tomatoes, 16 cal, 4g CHO

½ Cup Fruit

- Apple Slices, 29 cal, 8g CHO
- Dried Fruit Mix (¼ c = ½ c), 113 cal, 31g CHO
- Raisins, 130 cal, 31gCHO

2 Grain Breads

- Aloha Rolls, 90 cal, 17g CHO
- Crackers (4/ser), 140 cal, 20g CHO
- Corn Bread, (2.25 g/b), 230 cal, 38g CHO

2 Ounce Protein

- Diced Egg, 90 cal, 2g CHO
- Diced Ham, 170 cal, 1g CHO
- Diced Turkey, 112 cal, 0g CHO
- Shredded Cheese, 170 cal, 1g CHO
- Sunflower Seeds, 320 cal, 16g CHO



Condiments 1oz.

- Light Ranch Dressing
- Creamy Italian
- Italian

A La Carte

Snacks

Any Entrée - \$2.75
 Chips - \$1.25
 Brownie - \$1.00
 Fresh Chocolate Chip Cookie - \$0.75
 Cornuts - \$0.75
 Fresh Fruit - \$0.50
 Kettle Corn - \$1.00
 Cry Babies - \$0.50
NEW SideKicks-\$0.75
 Frog Spit - \$0.75
 Big Cal Bar - \$0.75
 Rice Krispy Treat - \$1.25
NEW Goldfish PUFFS - \$0.75
 Scooby Snacks - \$0.50

Beverages

Milk - \$0.50
 Juice 4 oz. - \$0.50
 Water - \$1.00
 Snapple Juice - \$1.25
 Envoy - \$1.25