






# Redlands Unified School District

## April / May 2012 Elementary Lunch Menu

Extra milk \$.30

Free \$0.00    Reduced \$0.00    Paid \$2.00    Adult \$2.60

\* Menu item contains pork.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*Tony's Flatbread Pepperoni Pizza C- 371 TF- 12g Cb- 50g or Pizza Crunchers C- 400 TF- 19g Cb- 41g</p>  <p style="text-align: center;"><b>Fresh Apples</b> Chilled Pineapple Tidbits Cucumber Slices Green Salad</p>	<p>Hot Dog on Bun C- 282 TF- 14g Cb- 27g or Cheeseburger Twins C- 420 TF- 20g Cb- 42g</p>  <p style="text-align: center;"><b>Fresh Grapes</b> Chilled Mixed Fruit Broccoli Buds Green Salad</p>	<p>Tyson Nuggets C- 240 TF- 13g Cb- 15g with Garlic Roll C- 130 TF- 3.5g Cb- 21g or Grilled Cheese Sandwich C- 288 TF- 10g Cb- 32g</p>  <p style="text-align: center;"><b>Fresh Strawberries F</b> Chilled Pears Sugar Snap Peas F Green Salad</p>	<p>Chicken Taquitos C- 240 TF- 9g Cb- 33g or Bean and Cheese Burrito C- 290 TF- 9g Cb- 40g</p>  <p style="text-align: center;"><b>Fresh Bananas</b> Jicama/Salsa Cherry Turnover Green Salad</p>	<p>Fish Shapes C- 261 TF- 13g Cb- 17g With Potato Wedges C- 121 TF- 5g Cb- 17g or Grilled Cheese Sandwich C- 288 TF- 10g Cb- 32g</p>  <p style="text-align: center;"><b>Sliced Oranges F</b> Applesauce Bunny Carrots Green Salad</p>




### Uncrustable Whole Wheat Peanut Butter & Jelly Available Daily

C- 330 TF- 17g Cb- 34g

Calories, Total Fat, and Carbohydrates are provided for each entrée item. Complete nutritional information is available on our website.

[www.redlands.k12.ca.us](http://www.redlands.k12.ca.us)



<p style="text-align: center;"><b>Fun Food Fact</b></p> <p style="text-align: center;"><b>The first soup was made of Hippopotamus!</b></p> <p>The earliest archeological evidence for the consumption of soup dates back to 6000 - BC, and it was,,, <b>Hippopotamus soup!</b></p> 	<p style="text-align: center;"><b>Exercise to Stay Fit</b></p>  <p style="text-align: center;"><b>Jumping rope is fun and a great way to stay in shape.</b></p>	<p style="text-align: center;"><b>Picnic Lunch</b></p> <p style="text-align: center;"><b>Wednesday, May 23rd</b></p> <p>Turkey &amp; Cheese Grinder, Corn Dog or UncrustablePB&amp;J Shredded Lettuce, Sliced Tomatoes, Pickles, Strawberries and Bug Bites Crackers 1% White, Non-Fat Chocolate or Non-Fat Strawberry Milk</p> 
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Note: A ½ pint of milk (1% low fat or non-fat chocolate) is offered with every meal.



**Online Meal Payment System**

[www.paypams.com](http://www.paypams.com)

Menu Is Subject to Change

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. Contact the California Department of Education, Nutrition Services Division, 1430 "N" Street, Suite 1500, Sacramento, CA, 95814 or call (800)952-5609 or (916)323-8521. Shirley Rhodes is the CDE Civil Rights Contact.