



Irvine Unified School District Elementary School Menu December

Prices:
Student Lunch \$3.25
Adult Lunch \$4.75
Milk \$.50
100% Juice \$.50
Fruit \$.75

Monday	Tuesday	Wednesday	Thursday	Friday	Nutritional Weekly Analysis	
<p>Lunch includes: Entrée, Milk, and two sides Students must take an entrée and one other lunch item.</p> <p>Milk: 1%, NF milk, NF Chocolate, 1% Strawberry</p> <p>Sides include: Fresh Fruit, canned fruit, 100% Juice, cobbette, side salad, carrots, frozen fruit cup, Fruited Gelatin*</p>			<p>1 Cheeseburger Twins Bean & Cheese Burrito^V Variety of Sandwiches Side Salad Variety of Fruit Fresh Frozen Fruit Cup Pizza: Stone Creek & Bonita Canyon</p>	<p>2 Chicken Nuggets Macaroni & Cheese^V Variety of Sandwiches Carrots Baby Variety of Fruit Fresh Canned Fruit Oreo Pizza: Vista Verde</p>	<p>Calories 677 Cholesterol 53 mg Sodium 1429 mg Fiber 5.8 g Iron 3.6 mg Calcium 528 mg Vitamin A 6987 IU Vitamin C 58.5 mg Protein 30 g Carbohydrate 93 g Total fat 21.1 g Saturated Fat 6.6g</p>	
<p>5 Chicken Corn Dog Macaroni and Cheese^V Variety of Sandwiches Carrots Baby Variety of Fruit Fresh Canned Fruit Pizza: Brywood & Culverdale</p>	<p>6 Chicken Noodle Soup & Cheese Sticks Bean & Cheese Burrito^V Variety of Sandwiches Side Salad Variety of Fruit Fresh Fruit Squeeze Chiller Pizza: Woodbury & Canyon View & Greentree</p>	<p>7 Beef Taco Snack Cheese Tortellini^V Variety of Sandwiches Carrots Baby Variety of Fruit Fresh Fruited Gelatin* Kids Mix Pizza: Deerfield & Meadow Park</p>	<p>8 Mini Beef Ravioli Galaxy Cheese Pizza^V Variety of Sandwiches Side Salad Variety of Fruit Fresh Frozen Fruit Cup LUCKY TRAY DAY!!! Pizza: College Park & Oakcreek & University Park</p>	<p>9 Chicken & Mashed Potatoes Grilled Cheese^V Variety of Sandwiches Carrots Baby Variety of Fruit Fresh Canned Fruit Pizza: Vista Verde</p>	<p>Calories 671 Cholesterol 51 mg Sodium 1442 mg Fiber 6.4 g Iron 3.6 mg 95% Calcium 531 mg Vitamin A 8287IU Vitamin C 52.5 mg Protein 27.7 g Carbohydrate 96 g Total Fat 20 g Saturated Fat 7 g</p>	
<p>12 Chicken Nuggets Max Sticks^V Variety of Sandwiches Carrots Baby Variety of Fruit Fresh Canned Fruit Pizza: Santiago Hills & Stonegate</p>	<p>13 BBQ Beef Sandwich Cheese Tortellini^V Variety of Sandwiches Side Salad Variety of Fruit Fresh Frozen Fruit Cup Pizza: Northwood & Westpark & Eastshore</p>	<p>14 Waffles & Turkey Sausage Grilled Cheese^V Variety of Sandwiches Carrots Baby Variety of Fruit Fresh Fruited Gelatin* Pizza: Plaza Vista & Turtle Rock & Alderwood</p>	<p>15 Chicken Corn Dog Cheese Pizza Strip^V Variety of Sandwiches Side Salad Variety of Fruit Fresh Frozen Fruit Cup Pizza: Springbrook & Stone Creek</p>	<p>16 Turkey Gravy & Potatoes Macaroni & Cheese^V Variety of Sandwiches Carrots Baby Variety of Fruit Fresh Canned Fruit Holiday Cookie</p>	<p>Calories 658 Cholesterol 52 mg Sodium 1443 mg Fiber 5.7 g Iron 3.3 mg Calcium 534.6 mg Vitamin A 6146 IU Vitamin C 61.8 mg Protein 27.8g Carbohydrate 94 g Total Fat 20.2 g Saturated Fat 5 g</p>	
19	20	21	22	23	<div style="background-color: #e0e0ff; padding: 20px; border: 1px solid #ccc;"> <p style="font-size: 2em; color: #00b0f0; text-align: center;">Winter Break</p> <p style="font-size: 1.5em; color: #00b0f0; text-align: center;">See you in January!</p> </div>	
26	27	28	29	30		

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