



Irvine Unified School District Elementary School Menu January

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>2</p>	<p>3</p> <p>Chicken Nuggets Grilled Cheese^V Variety of Sandwiches Baby Carrots Variety of Fruit Fresh Fruit Chiller</p>	<p>4</p> <p>Mini Beef Ravioli French Toast & Cheese^V Variety of Sandwiches Baby Carrots Variety of Fruit Fresh Canned Fruit Rice Crispy Treat Pizza: Brywood, Culverdale & Alderwood</p>	<p>5</p> <p>Chicken Corn Dog Galaxy Cheese Pizza^V Variety of Sandwiches Side Salad Variety of Fruit Fresh Frozen Fruit Cup Pizza: Stone Creek, Bonita Canyon, Turtle Rock & Greentree</p>	<p>6</p> <p>Meat Loaf & Potatoes Macaroni and Cheese^V Variety of Sandwiches Baby Carrots Variety of Fruit Fresh Canned Fruit Oreo</p>	<p>Calories 664 Cholesterol 62 mg Sodium 1303 mg Fiber 5.6 g Iron 4.7 mg Calcium 506 mg Vitamin A 6999 IU Vitamin C 42 mg Protein 26g Carbohydrate 92 g Total Fat 20g</p>
<p>9</p> <p>Beef Teriyaki Dippers Max Sticks^V Variety of Sandwiches Baby Carrots Variety of Fruit Fresh Canned Fruit Pizza: Deerfield & Meadow Park</p>	<p>10</p> <p>Waffles & Turkey Sausage Cheese Pizza Strip^V Variety of Sandwiches Side Salad Variety of Fruit Fresh Frozen Fruit Cup Kids Snack Mix Pizza: Canyon View, Eastshore & Springbrook</p>	<p>11</p> <p>BBQ Beef Sandwich Grilled Cheese^V Variety of Sandwiches Baby Carrots Variety of Fruit Fresh Fruited Gelatin* Pizza: Northwood, Stonegate & Westpark</p>	<p>12</p> <p>Chicken Double Dogs Bean & Cheese Burrito^V Variety of Sandwiches Side Salad Variety of Fruit Fresh Fruit Chiller Pizza: Oak Creek University Park College Park</p>	<p>13</p> <p>All American Burger Cheese Tortellini^V Variety of Sandwiches Side Salad Variety of Fruit Fresh Frozen Fruit Cup Pizza: Vista Verde</p>	<p>Calories 685 Cholesterol 48 mg Sodium 1443 mg Fiber 6 g Iron 3.9 mg Calcium 522 mg Vitamin A 6213 IU Vitamin C 52.2 mg Protein 28.4g Carbohydrate 98g Total Fat 21g</p>
<p>16</p> <p style="text-align: center; color: blue;">Martin Luther King Day</p>	<p>17</p> <p>Chicken Patty on a Bun French Toast & Cheese^V Variety of Sandwiches Side Salad Variety of Fruit Fresh Frozen Fruit Cup Chocolate Chip Cookie</p>	<p>18</p> <p>Chicken Teriyaki Dipper Fiesta Burrito^V Variety of Sandwiches Baby Carrots Variety of Fruit Fresh Canned Fruit Pizza: Plaza Vista, Santiago Hills & Woodbury</p>	<p>19</p> <p>Cheeseburger Max Sticks^V Variety of Sandwiches Side Salad Variety of Fruit Fresh Frozen Fruit Cup LUCKY TRAY DAY!! Pizza: Turtle Rock, Alderwood & Greentree</p>	<p>20</p> <p>Chicken Nuggets Macaroni and Cheese^V Variety of Sandwiches Baby Carrots Variety of Fruit Fresh Canned Fruit Pizza: Vista Verde</p>	<p>Calories 685 Cholesterol 65 mg Sodium 1300 mg Fiber 6.3 g Iron 4.4 mg Calcium 485 mg Vitamin A 6898 IU Vitamin C 57 mg Protein 29g Carbohydrate 98g Total Fat 20g</p>
<p>23</p> <p>Chicken Corn Dog Grilled Cheese^V Variety of Sandwiches Cobbette Variety of Fruit Fresh Canned Fruit Pizza: Brywood, Culverdale & Northwood</p>	<p>24</p> <p>Chicken Noodle Soup & Cheese Sticks Bean & Cheese Burrito^V Variety of Sandwiches Side Salad Variety of Fruit Fresh Fruit Chiller Pizza: Bonita Canyon, Deerfield, Westpark & College Park</p>	<p>25</p> <p>Pepperoni Pizza Round* Cheese Tortellini^V Variety of Sandwiches Baby Carrots Variety of Fruit Fresh Canned Fruit Scoopy Doo Graham Pizza: Meadow Park Canyon View & Stonegate</p>	<p>26</p> <p>Turkey Sloppy Joe Galaxy Cheese Pizza^V Variety of Sandwiches Side Salad Variety of Fruit Fresh Frozen Fruit Cup Pizza: Stone Creek, Eastshore</p>	<p>27</p> <p>Chicken & Mashed Potatoes Cheese Quesadilla^V Variety of Sandwiches Baby Carrots Variety of Fruit Fresh Canned Fruit Pizza: Vista Verde</p>	<p>Calories 677 Cholesterol 52 mg Sodium 1473 mg Fiber 6 g Iron 3.6 mg Calcium 586 mg Vitamin A 5946 IU Vitamin C 40 mg Protein 29g Carbohydrate 98g Total Fat 19.5g</p>
<p>30</p> <p>Chicken Nuggets Max Sticks^V Variety of Sandwiches Baby Carrots Variety of Fruit Fresh Canned Fruit Pizza: University Park & Santiago Hills</p>	<p>31</p> <p>BBQ Beef Sandwich Fiesta Burrito^V Variety of Sandwiches Side Salad Variety of Fruit Fresh Frozen Fruit Cup Pizza: Woodbury & Springbrook</p>	<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>Calories 690 Cholesterol 44 mg Sodium 1346 mg Fiber 7.6 g Iron 4.2 mg Calcium 479 mg Vitamin A 7363 IU Vitamin C 57.5 mg Protein 30g Carbohydrate 95g Total Fat 22.6g</p>