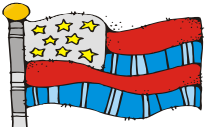


August & September

Breakfast: \$2.00
Lunch: \$3.50

Manage your child's lunch account on ezschoolpay.com or for more information visit our website at www.conejo.k12.ca.us and click on Child Nutrition

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Entrée options available everyday Turkey Sub\$^+, Sunflower Butter+^\$ or Peanut Butter & Jelly on Wheat@\$^+		24 Pizza@\$^+ Fruit Juice Produce Patch Chortles Cookie\$^+!!	25 Chicken Nuggets\$^+ Pretzels@+^!!% Produce Patch Cookie Jar@\$%^+!!	26 Corn Dog@\$%^+ Tater Tots \$ Produce Patch Juice Bar>	Calories 695 Iron (Mg) 3.9 Carbohydrate (G) 92.2 Total Fat (G) 24.2 Sat. Fat (G) 5.6
29 Pizza@\$^+ Fruit Cup Produce Patch Brownie@%\$^+!!	30 Ciabata Cheese@^+ Chicken Noodle Soup\$%^+ Produce Patch Frozen Yogurt^+	31 ★Chicken Taquito> Cottage Cheese Fruit Salad Produce Patch Carob Chip Cookie	1 Chicken Ceasar Salad^ Bread Stick@+^%!! Produce Patch Animal Cookies\$^+!!	2 Corn Dog@\$%^+ Macaroni & Cheese Produce Patch Cookie Jar@% ^+!!	Calories 658 Iron (Mg) 3.8 Carbohydrate (G) 88.6 Total Fat (G) 19.7 Sat. Fat (G) 5.5
5 LABOR DAY 	6 Cheeseburger@\$%^+ Tater Tots\$ Produce Patch Raisins!!	7 Teriyaki Chicken\$^+ String Cheese@ Produce Patch Carob Oat Cookie%\$^+	8 Hot Dog^+ Pretzels@+^!!% Produce Patch Parfait@+!!	9 Spaghetti w/ Meat Sauce@\$%^+ Produce Patch Cookie Jar@% ^+!!	Calories 663 Iron (Mg) 4.3 Carbohydrate (G) 90.7 Total Fat (G) 20.1 Sat. Fat (G) 6.6
12 Pizza@\$^+ Fruit Cup Produce Patch Brownie@%\$^+!!	13 Upside Down Day @%\$^+ Scrambled Eggs Fruit Juice Produce Patch Scooby-Doo Graham\$^	14 ★Taco Salad Fruit Juice Produce Patch Rice Pudding	15 Barbeque Ribs@%\$^+ Mashed Potatoes@\$ Produce Patch Checkerboard Cookie\$%^+!	16 Nachos w/ Meat@\$^+ Corn> Produce Patch Cookie Jar@% ^+!!	Calories 653 Iron (Mg) 3.9 Carbohydrate (G) 88.0 Total Fat (G) 21.4 Sat. Fat (G) 6.2
19 Pizza@\$^+ Fruit Cup Produce Patch Clodhoppers@\$^+!!	20 ★Cheese Enchiladas@ Spanish Rice Produce Patch Frog Spit^	21 Stuffed Shells@% ^+ Corn Muffin>~ Produce Patch Rock 'n Roll Bar@%	22 Hot Ham & Cheese@\$^+ Barley Soup Produce Patch Grandma's Cookie@%+!!\$	23 Chicken Nuggets\$^+ Alfredo Pasta@% ^+ Produce Patch Cookie Jar@% ^+!!	Calories 668 Iron (Mg) 4.1 Carbohydrate (G) 91.1 Total Fat (G) 21.7 Sat. Fat (G) 6.4
26 Pizza@\$^+ Fruit Juice Produce Patch Brownie@%\$^+!!	27 Ciabata Cheese@^+ Chicken Noodle Soup\$%^+ Produce Patch Frozen Yogurt^+	28 ★Chicken Taquito> Cottage Cheese Fruit Salad Produce Patch Carob Chip Cookie	29 Chicken Ceasar Salad^ Bread Stick@+^%!! Produce Patch Animal Cookies\$^+!!	30 Corn Dog@\$%^+ Macaroni & Cheese Produce Patch Cookie Jar@% ^+!!	Calories 671 Iron (Mg) 3.8 Carbohydrate (G) 90.1 Total Fat (G) 20.7 Sat. Fat (G) 5.7

@ Milk	^ Gluten
\$ Soy	+Wheat
%Eggs	!!Nuts
~Fish	
<i>Not all allergens for ingredients are identified.</i>	

★Gluten Free

All lunches are served with choice of milk

Milk .50¢
 Soy Milk .50¢
 Water \$1.00
 Juice .40¢

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. To file a complaint of discrimination, write to USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410

Menu subject to change without notice.



CONEJO VALLEY UNIFIED SCHOOL DISTRICT CHILD NUTRITION



ELEMENTARY MENU PLAN

In our Sponsorship of the National School Lunch Program, we plan our meals based in what the United States Department of Agriculture defines as a Nutrient Based Menu Planning District. As such, we offer entrees and side items that allow the student to select what they want to consume to make their meal. We do not serve or dictate the items that the student takes as their "meal". We require only that the student take an entree of their choice and at least two of the side items that are offered for the day. The entree can be one of the sandwich options if the day's selection is not desired. Of course we want students to take as many side items as they feel they would consume. We understand however, those decisions will be made based in development that takes place not only in the school cafeteria, but in the child's experience away from it. To meet our guidelines, our menu planning must ensure that 1/4 (breakfast) and 1/3 (lunch) of the recommended daily allowance for the following are met: calories, iron, protein, vitamin A, vitamin C, and calcium, while not going over 35% total and 10% saturated fat for the period being reviewed. In looking at the student's decision-making during lunch, our staff has been focused on designing a menu that meets the requirements and guidelines of the lunch program, as well as engaging the interest of the children. Menu planning for children is anything but an exact science. I do think we did a great job in developing a menu that does both!

Each three weeks our daily entrees will "repeat" themselves. The entrees were determined to be the most popular with the children based on their past participation. The entree selection will change periodically through the year based on the season and new items that we are developing. The "hot" and "cold" side items will be served in a variety based on what the day's main entree is, and the site's "flavor profile" or demand. The side options that the cafeteria will serve are as follows:

HOT

Rice
Refried or Baked Beans (vegetarian)
Baked Potato Wedges
Corn – Cut or Cob
Potato Rounds (tots)
Pasta with Marinara Sauce

COLD

Green Salad
Pasta Salad
Mixed Fruit Cocktail
Applesauce
Peaches, Pears, or Pineapple

Desserts will also be served in the same fashion as the hot and cold side items. Your cafeteria will have the day's side and dessert items listed on their dry-erase board to help the students make their lunch choices. You can also obtain the information by contacting the school cafeteria directly. They will have a full listing of all sides and desserts posted for review.

This menu does more than address nutritional and flavor profile issues; it is instep with a light "environmental foot-print" too! With our menu repeating itself every three weeks, Child Nutrition will not be printing monthly school menus. Our program distributed over 150,000 pieces of stock with our elementary menus last year alone. This consumed a lot of paper, not to mention staff time to prepare and distribute the menus. Your cafeteria will have each month's menu posted for students to order from. You can also go to our web page at www.conejo.k12.ca.us. Simply select Child Nutrition under "Departments" and click on Elementary School Menus in the "What's New" section at the top of the page.

We are very excited about rolling this new menu out to our students. It is our hope that they will find new things to eat and take these experiences with them to them. We will be asking the students for their input during the year to make sure we have an understanding of where they are with respect to different items so we can continue to plan our menus with their preferences in mind. In the meantime, you can always reach out to us with any questions, concerns, or ideas at childnutrition@conejo.k12.ca.us. Our staff checks the mailbox daily and will respond back promptly.

Enjoy!