

Prepaid Lunch Form

Return this form, with the amount owed, in a sealed envelope to your child's teacher. Put your child's name on the envelope!

One form per child!

Please check a box for full-price, prepaid lunches.

5 Lunches 10 Lunches 20 Lunches 25 Lunches
\$13.75 **\$27.50** **\$55.00** **\$68.75**

Make checks payable to **Student Nutrition Services.**

Child's Name _____

Teacher _____

Grade _____ Today's Date _____

BREAKFAST

APRIL 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fresh Fruit Non-Fat Chocolate & 1% White Milk Offered Daily		1 Pancakes with Beef Sausage Whole Grain Cereal Bagel & Low Fat Cream Cheese	2 Breakfast Sausage Pizza Whole Grain Cereal Low Fat Apple Muffin	3 Breakfast Hot Pocket Whole Grain Cereal Low Fat Blueberry Muffin
6 French Toast Stix Whole Grain Cereal Cinnamon Whole Grain Pop-Tart	7 Whole Wheat Breakfast Bun Oatmeal Bar Low Fat Yogurt & Graham Cracker	8 Waffles with Beef Sausage Whole Grain Cereal Low Fat Banana Muffin	9 Breakfast Burrito w/Sausage & Egg Oatmeal Bar Bagel & Low Fat Cream Cheese	10 Holiday No School!
13	14	15	16	17
<div style="border: 1px solid black; padding: 10px; font-size: 2em; letter-spacing: 0.5em;">S P R I N G B R E A K</div>				
20 Whole Wheat Breakfast Bun Whole Grain Cereal Low Fat Banana Muffin	21 Breakfast Sausage Sandwich Oatmeal Bar Low Fat Yogurt & Graham Cracker	22 Pancake & Sausage on a Stick Whole Grain Cereal Cinnamon Whole Grain Pop-Tart	23 Breakfast Sausage Pizza Oatmeal Bar Low Fat Apple Cinnamon Muffin	24 Belgian Waffle Stix Whole Grain Cereal Bagel with Low Fat Cream Cheese
27 Whole Wheat Breakfast Bun Oatmeal Bar Low Fat Yogurt & Graham Cracker	28 Breakfast Burrito w/ Egg & Sausage Whole Grain Cereal Strawberry Whole Grain Pop-Tarts	29 French Toast with Beef Sausage Oatmeal Bar Low Fat Blueberry Muffin	30 Breakfast Sausage Sandwich Whole Grain Cereal Bagel & Low Fat Cream Cheese	Fresh Fruit Non-Fat Chocolate & 1% White Milk Offered Daily

FREE MEAL PROGRAMS
 During these tough economic times, many families in our community are dealing with decreasing income, layoffs, or change in living circumstances. The Student Nutrition Department wants to help. If your family's financial situation has changed since the start of school and you are not currently on the free or reduced-priced meal program, PLEASE RE-APPLY. Applications are available at your school office or Student Nutrition Office
 408-535-6021

Pizza Lunch Parties
APRIL 3rd
 HORACE MANN
 HACIENDA
 BACHRODT

APRIL 9TH
 TERRELL
 WASHINGTON

April 24th
 GALARZA
 ALMADEN
 LOWELL

This Month in the Cafeteria

April: Celebrate the Environment

The Fresh Tastes of Nature

Have you ever picked fresh vegetables and fruits from a garden? Remember how fresh, juicy, and delicious they tasted? Growing vegetables and fruits teaches children that plants, like people, need adequate food and water to grow and stay healthy. Through gardens, children also learn about new foods and are often willing to taste foods that they grow. Easy food for kids to grow include beets, carrots, cherry tomatoes, collard greens, cucumbers, green beans, herbs, lettuce, okra, onion, peppers, spinach, tomatoes, and zucchini. You don't need acres of land to garden; many of the plants mentioned grow very well in containers. Call your local County Extensive office for gardening ideas and tips.

Build A Garden and Your Body At The Same Time!

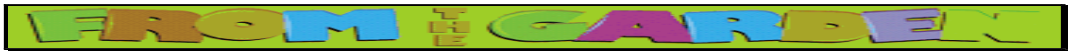
Planting and maintaining a garden can be a physical workout. There is soil to till, holes to dig, buckets of water to carry, and weeds to pull. For the legs, torso and back, gardening involves squatting, bending, and twisting. Working in the garden strengthens muscles and may also help increase the release of endorphins, substances in the body that work to reduce pain and increase feelings of well-being. Even small indoor gardens can provide some physical challenges through tasks like transplanting seedlings, mixing soil, and pruning foliage. So whatever size garden you decide to grow, you'll discover that it's a great way to get in that daily work-out, while also spending time with your family.



Lunch: Full Price \$2.75
 Reduced Price \$0.40
 Milk 0.50
 Breakfast: \$1.75
 Reduced Price: \$0.30

SAN JOSE UNIFIED SCHOOL DISTRICT
 April 2009

Monday	Tuesday	Wednesday	Thursday	Friday
Menu is subject to change. We offer fresh and canned fruits, vegetables, and choice of 1% white or non-fat chocolate milk daily. Students may take as much as they want from The Garden.		1 Bean and Cheese Burrito Roast Beef Sandwich Grilled Chicken on Whole Wheat Bun Fiesta Chicken Salad w/Wheat Roll	2 Cheeseburger on Whole Wheat Bun Veggie Lunch Salad w/Whole Wheat Roll Macaroni & Beef Turkey and Cheese Sandwich	3 Chicken Nuggets with Tator Tots Veggie Sandwich Breakfast 4 Lunch (French Toast) Chicken Caesar Salad w/Roll
	6 Bean Burrito Peanut Butter & Jelly Sandwich Pizza Pocket Low Fat Yogurt & Banana Muffin <u>BASEBALL COOKIE!</u>	7 Mini-Cheeseburgers Veggie Lunch Salad w/Whole Wheat Roll Chickenburger on Whole Wheat Bun Deli Sub Sandwich	8 Turkey Corndog Chef Salad with Whole Wheat Roll Vegetable Chow Mein and Egg Roll Turkey Ham & Cheese Sandwich	9 Nachos with Stone Ground Chips Chicken Caesar Salad w/Whole Wheat Roll Turkey Hot Dog on a Bun Veggie Sandwich
13	14	15	16	17
<div style="border: 1px solid black; padding: 5px; display: inline-block;"> S P R I N G B R E A K </div>				
20 Mini-Cheeseburgers Peanut Butter & Jelly Sandwich Bean and Cheese Burritos Low Fat Yogurt & Blueberry Muffin	21 Grilled Cheese Sandwich Chicken Fiesta Salad w/ Whole Wheat Roll Cheese Pizza Turkey Ham & Cheese Sub Sandwich	22 Breakfast For Lunch (Pancakes w/Sausage) Bagel w/Cream Cheese & Low Fat Yogurt Turkey Corndog Chef Salad w/Roll <u>EARTH DAY COOKIE</u>	23 Chicken Teriyaki with Vegetable Rice Taco Salad with Stone Ground Chips Cheeseburger on Whole Wheat Bun Veggie Sandwich	24 Nachos with Stone Ground Chips Veggie Lunch Salad w/Whole Wheat Roll Grilled Chicken on Whole Wheat Bun Sub Sandwich
27 Macaroni and Cheese Peanut Butter & Jelly Sandwich Turkey Corndog Low Fat Yogurt & Banana Muffin	28 Cheese Pizza Low Fat Yogurt & Apple Muffin Chef Salad with Whole Wheat Roll Turkey and Cheese Sandwich	29 Vegetable Chow Mein and Egg Roll Chicken Caesar Salad w/Whole Wheat Roll Cheeseburger on Whole Wheat Bun Roast Beef Sandwich	30 Spaghetti with Meat Sauce Turkey Sandwich Bean and Cheese Burrito Chicken Fiesta Salad w/Whole Wheat Roll	



Monday	Tuesday	Wednesday	Thursday	Friday
Oranges Apples	Bananas Oranges	Apples Oranges	Bananas Apples	Oranges Apples
Carroteenies Broccoli Florets	Spring Mix Salad Cucumber Coins	Jicama Sticks Celery Sticks	Broccoli Florets Tossed Salad	Celery Sticks Carroteenies
Applesauce Raisins	Pears	Mixed Fruit Raisins	Peaches	Pears Raisins