



# FMSD School District Elementary Menu May-June

We feature an inviting variety of fresh garden salad greens, vegetables, and fruits. **Locally-grown items are offered whenever seasonally-available.** rBST hormone free low-fat or fat-free milk is included with all meals. A meal includes an entrée, fruit and vegetable selection and milk. All bread products are whole grain and all featured menu items contain zero transfat.

| Monday 5/1  | Tuesday 5/2  | Wednesday 5/3   | Thursday 5/4  | Friday 5/5  |
|---|--|---|---|---|
| Rib-b-que Sandwich<br>100% Beef Cheeseburger<br>WG Bean & Cheese Burrito<br>Muffin, Yogurt and String Cheese        | Chicken Fajitas<br>Spicy Chicken Sandwich<br>WG Cheese/Pepperoni Pizza<br>"Nitrate Free" Turkey And Cheese Sandwich      | Fish Sticks and Tater Tots<br>WG Chicken Corn Dog<br>Spicy Chicken Wrap<br>Protein Pack W/ Sunflower Seeds  | WG Chicken Nuggets<br>"Nitrate Free" Turkey Hot Dog<br>WG Cheese/Pepperoni Pizza<br>Chicken Caesar Salad / Breadstick       | Nachos with Beans & Cheese<br>Crispy Chicken Sandwich<br>Cheesy Breadsticks<br>Tuna Sandwich on Whole Wheat |
| Monday 5/8  | Tuesday 5/9  | Wednesday 5/10  | Thursday 5/11   | Friday 5/12   |
| Orange Chicken/Rice<br>100% Beef Cheeseburger<br>WG Bean & Cheese Burrito<br>Muffin, Yogurt and String Cheese       | 100% Beef Soft Tacos<br>Spicy Chicken Sandwich<br>WG Cheese/Pepperoni Pizza<br>"Nitrate Free" Turkey And Cheese Sandwich | Spaghetti w/ Marinara Sauce<br>WG Chicken Corn Dog<br>Spicy Chicken Wrap<br>Protein Pack W/ Sunflower Seeds | Chicken Caesar Salad / Breadstick<br>WG Chicken Tenders/ Roll<br>"Nitrate Free" Turkey Hot Dog<br>WG Cheese/Pepperoni Pizza | Meatball Sandwich<br>Crispy Chicken Sandwich<br>Cheesy Breadsticks<br>Tuna Sandwich on Whole Wheat          |
| Monday 5/15   | Tuesday 5/16   | Wednesday 5/17  | Thursday 5/18   | Friday 5/19   |
| Bean and Cheese Enchirito<br>100% Beef Cheeseburger<br>WG Bean & Cheese Burrito<br>Muffin, Yogurt and String Cheese | Chicken Fajitas<br>"Nitrate Free" Turkey And Cheese Sandwich<br>Spicy Chicken Sandwich<br>WG Cheese/Pepperoni Pizza      | Macaroni & Cheese/Roll<br>WG Chicken Corn Dog<br>Spicy Chicken Wrap<br>Protein Pack W/ Sunflower Seeds      | WG Chicken Nuggets<br>"Nitrate Free" Turkey Hot Dog<br>WG Cheese/Pepperoni Pizza<br>Chicken Caesar Salad / Breadstick       | Teriyaki Dunker/Rice<br>Crispy Chicken Sandwich<br>Cheesy Breadsticks<br>Tuna Sandwich on Whole Wheat       |
| Monday 5/22   | Tuesday 5/23   | Wednesday 5/24  | Thursday 5/25   | Friday 5/26   |
| Alfredo Pasta / Roll<br>100% Beef Cheeseburger<br>WG Bean & Cheese Burrito<br>Muffin, Yogurt and String Cheese      | 100% Beef Soft Tacos<br>"Nitrate Free" Turkey And Cheese Sandwich<br>Spicy Chicken Sandwich<br>WG Cheese/Pepperoni Pizza | Bean & Cheese Enchirito<br>WG Chicken Corn Dog<br>Spicy Chicken Wrap<br>Protein Pack W/ Sunflower Seeds     | WG Chicken Tenders/ Roll<br>"Nitrate Free" Turkey Hot Dog<br>WG Cheese/Pepperoni Pizza<br>Chicken Caesar Salad / Breadstick | Mini Cheeseburgers<br>Crispy Chicken Sandwich<br>Cheesy Breadsticks<br>Tuna Sandwich on Whole Wheat         |
| Monday 5/29   | Tuesday 5/30   | Wednesday 5/31  |   |   |
| <b>Memorial Day<br/>No School</b><br>   | Chicken Fajitas<br>Spicy Chicken Sandwich<br>WG Cheese/Pepperoni Pizza<br>"Nitrate Free" Turkey And Cheese Sandwich      | Fruit and Yogurt Parfaits<br>WG Chicken Corn Dog<br>Spicy Chicken Wrap<br>Protein Pack W/ Sunflower Seeds   | <b>EAT ALL YOUR<br/>FRUITS &amp;<br/>VEGETABLES</b><br>   |   |
|   |  |   |   | WG= Whole Grain<br>   |



We use menu identifiers in the café to help students recognize **Local**, **Clean**, **Fresh** and **Vegetarian** options. **Local** designates options made with locally-grown and produced ingredients. **Clean** designates options with a short ingredient list and/or no artificial additives. **Fresh** designates options that are made from scratch. **Vegetarian** items noted with V.

For menu nutritional information and foods containing common food allergens please visit [www.fmsd.org](http://www.fmsd.org)

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER





### WHAT IS THINK [CA]?

**Think [CA]** is Sodexo's commitment to communicating to our students, parents, administration and communities that we are your partners in nurturing students by empowering them to think about their nutritional choices and choose to eat well.

The project is designed to get individuals (of all ages) to STOP and THINK California! Think about the unique qualities associated with the state and our foodservice programs. This includes, whenever possible, to feature items that are made from scratch, selections with a short ingredient list and/or no artificial additives and to use locally-grown and produced ingredients. **Think [CA]** visualizes our promise to promote student achievement while improving the quality of life and overall well-being of the students, families and communities we serve.



Sodexo is committed to promoting healthier food choices and encourages students and families to use the USDA MyPlate to build healthy and balanced meals.

### WHAT DO THE ICONS MEAN?

As major focus of **Think [CA]** is to help students make nutritionally sound choices. To assist in this effort, we have created three color-coded graphic icons to correlate with the key initiatives we are emphasizing throughout our California accounts. In addition to a distinct color, each icon features a simple graphic and key word that visually communicates the meaning of the icon.



Food options that utilize locally-grown or produced ingredients.



Food options that are made from scratch.



Food options options with a short ingredient list and/or no artificial additives.

## BREAKFAST MENU

### MONDAY

Breakfast Pizza

Cinnamon Bun

### TUESDAY

WG Waffle

Bagel & Cream Cheese

### WEDNESDAY

Breakfast Pizza

Cinnamon Bun

### THURSDAY

Blueberry Pancakes

Bagel & Cream Cheese

### FRIDAY

Breakfast Pizza

Cinnamon Bun

### Additional Entrees Offered for Breakfast Daily!!

Assorted Cereals offered with Cheese Stick, Assorted Benefit Bars

**Breakfast also includes:** 100% Fruit Juice, Fresh Fruit and a variety of Milks.

Student Breakfast \$1.50/ Reduced Price \$ .30

Student Lunch \$2.45 / Reduced price \$ .40

Online Payments can be made at: [www.EZSchoolPay.com](http://www.EZSchoolPay.com)

**Menu is subject to change.** The USDA and this institution are equal opportunity employers.



Sodexo, your partner in Food Service has also partnered with the **Community Alliance with Family Farmers in Santa Clara County.**

Franklin-McKinley is recognized as a leader in providing farm fresh local fruits and vegetables from Family Farmers!



### Questions or Ideas?

Please contact  
Alane Webb  
408-283-6132  
alane.webb@fmsd.org

### FROM THE GARDEN

#### MONDAY

Fresh Fruit  
Celery Sticks  
Garden Salad  
Broccoli  
Jicama Sticks  
Peaches

#### TUESDAY

Fresh Fruit  
Carrot Sticks  
Garden Salad  
Tomatoes  
Kidney Beans  
Pears

#### WEDNESDAY

Fresh Fruit  
Celery Sticks  
Garden Salad  
Broccoli  
Corn  
Applesauce

#### THURSDAY

Fresh Fruit  
Celery Sticks  
Garden Salad  
Carrot Sticks  
Jicama Sticks  
Pineapple

#### FRIDAY

Fresh Fruit  
Carrot Sticks  
Garden Salad  
Broccoli  
Corn  
Fruit Cocktail

The Nutrition services department is encouraging parents to prepay for school lunch so we can serve Your students faster in the cafeteria. If you have

question, please call Nutrition Services.

Applications for free and reduced lunches are available in the school offices and new applications needs to be filled out each school year for every household.

