

Oakley Union Elementary School District Elementary Lunch Menu

Monday

Tuesday

Wednesday

Thursday

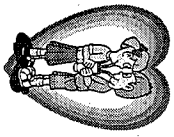






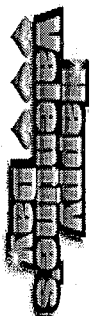



Friday

February 2012

* Contains Pork



You may now prepay your child's meal account on-line by going to:
mySchoolBrucks.com

 Cheese Sandwich Served Daily	 Milk Served Daily	 100% Pure Milk (Good) in Milk	TURKEY PIZZA NADA OR SMUCKERS@ UNCRUSTABLE PBJ Fresh Baby Carrots with Ranch Dip Banana MINIMUM DAY	POPCORN CHICKEN OR FISH NUGGETS Steamed Peas and Carrots Lunch Bunch Grapes
THE MAX@ BEEF PIZZA QUESADILLA OR FOSTER FARM@ JUMBO TURKEY CORNDOG Zesty Refried Beans Fresh Apple	MESQUITE HAMBURGER ON WHEAT BUN OR CRISPY CHICKEN SANDWICH ON WHEAT BUN Country Potato Salad Banana	SMUCKERS@ UNCRUSTABLE PBJ OR MINH@ TURKEY EGGROLL Fresh Baby Carrots with Ranch Dip Tangerine MINIMUM DAY	TURKEY MOSTACCIOLI WITH CHEESY BREADSTICK OR BEEF FIESTADA Fresh Garden Salad with Jicama and Ranch Dressing Chilled Mixed Fruit	FISH MELT ON WHEAT BUN OR TERIYAKI BEEF DIPPERS Fresh Steamed Broccoli Chilled Peaches Steamed Rice
CHICKEN TOSTADA BOWL WITH SHREDED CHEESE AND LETTUCE OR BEEF CHIMICHANGA WITH MOZZARELLA CHEESE STICK Zesty Refried Beans Fresh Apple	CHICKEN NUGGETS OR BEEF HOT DOG ON WHEAT BUN Fresh Garden Salad with Crotons and Ranch Dressing Banana Valentine Cookie	TONY'S@ DEEP DISH PEPPERONI PIZZA OR SMUCKERS@ UNCRUSTABLE PBJ Fresh Baby Carrots with Ranch Dip Chilled Fruit Juice MINIMUM DAY	MESQUITE HAMBURGER ON WHEAT BUN OR ROASTED TURKEY AND GRAVY Whipped Mashed Potatoes Chilled Pineapple Cinnamon Belly Bear Grahams	 Lincoln's Birthday
 President's Day 	GRILLED CHICKEN PATTY ON WHEAT BUN OR CHEESEBURGER ON WHEAT BUN Fresh Garden Salad with Carrots and Ranch Dressing Fresh Apple	TONY'S@ DEEP DISH CHEESE PIZZA OR SMUCKERS@ UNCRUSTABLE PBJ Fresh Baby Carrots with Ranch Dip Chilled Peaches MINIMUM DAY ASH WEDNESDAY	GRILLED CHEESE ON WHOLE WHEAT BREAD OR SLOPPY JOE (turkey) ON WHEAT BUN Oven Baked French Fries Tutti Fruiti Applesauce	FISH NUGGETS OR CHICKEN CHIMICHANGA Steamed Whole Kernel Corn Kiwi Fruit Boscoc@ Cheesy Breadstick
BRO SHREDED BEEF ON WHEAT BUN OR FIESTA NADA Whole Kernel Corn Fresh Apple	CHICKEN NUGGETS OR HONEY BEEF RIB-B-QUE ON WHEAT HOAGIE ROLL Country Potato Salad Tangerine	SMUCKERS@ UNCRUSTABLE PBJ OR XTREME BEAN BURRITO Fresh Baby Carrots with Ranch Dip Chilled Mixed Fruit MINIMUM DAY	"Gung Hai Fat Choy" (Happy New Year) 1/23 - 2/6/2012 	 Happy Birthday   

The Oakley Union Elementary School District Nutrition Services department serves nutritious meals to all students, preschool through 8th grade, every school day.

Free and reduced price meal applications are available in the schools: office, cafeteria and on the district web site.

Snack items are available to students at the secondary schools only. These items range in price from \$.50 to \$1.25.

Meals are available for field trips to all students. Place orders with your student's teacher at least two-weeks prior to the field trip.

Milk is available at each meal for \$0.50.

Lunches may be purchased daily, weekly, bi-weekly, or in sets of 20 days. When prepaying for lunches by check, please be sure to include your driver's license number. You may also prepay meals on-line by logging on to: mySchoolBucks.com.

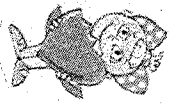
Prices for the 2011-2012 school year

Elementary Lunches	
Daily	\$ 2.50
5 Days	\$12.50
10 Days	\$25.00
*21 Days	\$50.00

Secondary Lunches	
Daily	\$ 2.75
5 Days	\$13.75
10 Days	\$27.50
*21 Days	\$55.00

*Meals purchased for 20 days include one bonus meal.

Questions or concerns regarding the Nutrition Services programs may be directed to Cheryl Wagner, R.D., Director of Nutrition Services at 625-6852.



Healthy Shopping

Good nutrition begins at the grocery store. Take your child along when you shop, and talk about how to choose healthy foods. You'll help her eat well now and be a smart shopper when she grows up.

Fruits and vegetables.

Show your youngster how to select fruits and vegetables. For example, she should choose apples that are firm and bananas that don't have bruises. If you need an item that isn't in season (blueberries or corn in the winter), explain that frozen fruits and vegetables are a good option, too. Canned is the last choice, since nutrients may be lost when foods are processed, and sugar or salt may be added.

Grains and cereals.

Teach your child to spot whole-grain products when you're choosing bread, cereal, tortillas, crackers, rice, and pasta. The package will often be labeled "100% whole grain," and the first ingredient will be whole wheat or another whole grain. *Idea:* Find a package that says "wheat" (not "whole wheat") on the front, and have your youngster check the ingredient list. The main ingredient is likely to be enriched flour or unbleached enriched flour—which is white flour—rather than whole wheat.



The Board of Trustees encourages you to communicate any questions or concerns to the appropriate office or Board Member.

Bus Garage.....	634-2700
Delta Vista School.....	625-6840
Delta Vista absence reporting.....	625-6840
Ext. 1031	
Gehringer School.....	625-7070
Gehringer absence reporting.....	625-7072
Iron House School.....	625-6825
Laurel School.....	625-7090
Oakley School.....	625-7050
Oakley absence reporting.....	625-7069
O'Hara Park School.....	625-5060
O'Hara Park absence reporting.....	625-5077
Vintage Parkway School.....	625-6800
Superintendent's Office.....	625-0700

*If no absence reporting number is listed, please call the main number.

BOARD OF TRUSTEES

Larry Polk, Board President.....	
Arthur Fernandez, Board Member.....	
Gloria Lot, Clerk.....	
Mark Jordan, Board Member.....	
Karen Bergenholtz, Board Member.....	

✓ If you do not want your child to have a meal charge privilege, you must notify the school cafeteria. If you do not notify us, you are responsible for the meal(s) your child charges.
 ✓ There is **NO** charge meal or IOU at breakfast for elementary and none at secondary breakfast or lunch.
 Elementary is allowed to charge up to one (1) lunch or \$2.50 only.

Return Check Policy: There will be a \$5.00 bank fee and a \$15.00 district service charge on each returned check. Your check writing privileges will resume once your debt is **Paid In Full**. You may visit mySchoolBucks.com to pay for these fees and to prepay your child's meal account.

"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, S.W., Washington, DC 20250-9410 or call 1-800-795-3272 (voice) or (202) 720-6382 (TDD). USDA is an equal opportunity provider and employer."