Welcome Back for Food, Fun, & Fitness! We're So Glad to See You!

DIVE BOMBER
Yellow jackets just love to attack soda cans this time of year. Why? Well, they've had all summer to build up their populations, and most of their natural food sources are starting to dry up. There's a solution, though — yellow jackets won't go near a bottle of water!

All of our new flavored milks are sweetened with natural cane evaporated milk, fructose, and corn syrup.
- Orange Cream
- Strawberry Splash
- Cool Vanilla
- Chocolate

Palos Verdes Peninsula Unified School District
ELEMENTARY LUNCH MENU
September 2009
All lunches served include choice of Nonfat Milk, 1% Lite Milk, 100% Fruit Juice or Water

Vegetarian Alternates Available Daily:
- Bean and Cheese Burrito OR ½ Cheese Sandwich & Yogurt Cup OR Soy Veggie Burger

Alternates Include a trip to the Salad Bar and Milk or Juice or Water

We are a nut free district

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 or discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

Menu subject to change. Check our website at www.pvpusd.k12.ca.us for menus and future nutrient information.

• Denotes Vegetarian Items ▲ Denotes Pork Items

NOW AN EASIER WAY TO PRE-PAY!
Make payments using the Internet. Replenish your child's account online. Simply go to the District's web site and go to the Food Service's page. You'll find the e-Funds for Schools icon and step by step instructions on how to set up your child's account. You will use this feature for your VISA and Mastercard payments only. We will also accept cash and check payments. No Credit Card payments will be accepted by phone.

MON., SEPT. 7
Holiday
Labor Day Observed

TUES., SEPT. 8
Vista Grande BBQ
Race Shaped Chicken Nuggets w/Dipping Sauce
Smile Fries
Salad Bar
Choice of Milk or Juice or Water

WED., SEPT. 9
The Wedge
▲ Pepperoni Pizza
Super Salad Bar
Shape Ups 100
Frozen Juice Bar
Choice of Milk or Juice or Water

THURS., SEPT. 10
Teriyaki Beef Dippers
Steamed Veggies
Lo Mein Noodles
Salad Bar
Choice of Milk or Juice or Water

FRI., SEPT. 11
Papa John's Pizza!
▲ Cheese or ▲ Pepperoni
Super Salad Bar
Chocolate Pudding Cup
Choice of Milk or Juice or Water

WED., SEPT. 2
Galaxy
● Smart Cheese Pizza
Super Salad Bar
Blue Raspberry Ice
Choice of Milk or Juice or Water

THURS., SEPT. 3
Super Sack
Turkey Cheese Sandwich
Baked Chips
Salad Bar
Choice of Milk or Juice or Water

FRIDAY, SEPT. 4
Pizza Hut Pizza
● Cheese or ▲ Pepperoni
Super Salad Bar
Snickerdoodle Cookie
Choice of Milk or Juice or Water

MON., SEPT. 7
MINIMUM DAY
Pre-paid Pre-ordered
Sack Lunch Form in Regis. Packet
Sack Lunch
● Cheese Sandwich
Baked Chips
Fresh Fruit
Choice of Milk or Juice or Water

TUES., SEPT. 1
MINIMUM DAY
Pre-paid Pre-ordered
Sack Lunch Form in Regis. Packet
Sack Lunch
● Cheese Sandwich
Baked Chips
Fresh Fruit
Choice of Milk or Juice or Water

TUES., SEPT. 3
Super Sack
Turkey Cheese Sandwich
Baked Chips
Salad Bar
Choice of Milk or Juice or Water

TUES., SEPT. 9
The Wedge
▲ Pepperoni Pizza
Super Salad Bar
Shape Ups 100
Frozen Juice Bar
Choice of Milk or Juice or Water

THURS., SEPT. 10
Teriyaki Beef Dippers
Steamed Veggies
Lo Mein Noodles
Salad Bar
Choice of Milk or Juice or Water

FRIDAY, SEPT. 11
Papa John's Pizza!
▲ Cheese or ▲ Pepperoni
Super Salad Bar
Chocolate Pudding Cup
Choice of Milk or Juice or Water

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Lunch $3.00     Milk .50     Juice .50     Water 1.00     Cookies .30     Adults $3.50
Menu subject to change. Check our website at www.pvpusd.k12.ca.us for menus and future nutrient information.

No Credit Card payments will be accepted by phone.
<table>
<thead>
<tr>
<th>Date</th>
<th>Lunch Option</th>
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<tbody>
<tr>
<td>Tuesday, Sept. 14</td>
<td>Chicken Patty Sandwich, Baked Fries, Condiment Bar, Choice of Milk, Juice or Water</td>
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<tr>
<td>Tuesday, Sept. 15</td>
<td>Brunch for Lunch, French Toast Boat, Canadian Style Bacon, Brunch Bar, Choice of Milk, Juice or Water</td>
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<td>Wed., Sept. 16</td>
<td>Baked Mac &amp; Cheese, Soft Pretzel Rods, Super Salad Bar, Choice of Milk, Juice or Water</td>
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<td>Tuesday, Sept. 22</td>
<td>Chicken Noodle Soup, 1/2 Turkey Cheese Sandwich, Fruit Bar, Choice of Milk, Juice or Water</td>
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<tr>
<td>Wed., Sept. 23</td>
<td>Cornerstone BBQ Sicilian Style, Cheese Pizza in a Box, Super Salad Bar, Blue Raspberry Ice, Choice of Milk, Juice or Water</td>
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<tr>
<td>Monday, Sept. 14</td>
<td>Chicken Patty Sandwich, Baked Fries, Condiment Bar, Choice of Milk, Juice or Water</td>
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<tr>
<td>Monday, Sept. 21</td>
<td>Mini Cheeseburgers (Sliders), Baked Chips, Condiment Bar, Choice of Milk, Juice or Water</td>
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<td>Monday, Sept. 22</td>
<td>Chicken Noodle Soup, 1/2 Turkey Cheese Sandwich, Fruit Bar, Choice of Milk, Juice or Water</td>
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<tr>
<td>Wed., Sept. 23</td>
<td>Cornerstone BBQ Sicilian Style, Cheese Pizza in a Box, Super Salad Bar, Blue Raspberry Ice, Choice of Milk, Juice or Water</td>
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<td>Thurs., Sept. 17</td>
<td>Chicken Corn Dog, Curly Fries, Salad Bar, Sun dried Raisins, Choice of Milk, Juice or Water</td>
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<td>Friday, Sept. 18</td>
<td>Minimum Day Pre-Order &amp; Pre-Pay Sack Lunch, Form in Registration Packet, Turkey Cheese Sandwich, Baked Chips, Fresh Fruit, Water</td>
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<td>Thursday, Sept. 24</td>
<td>Red Dot Day Zoo Shaped Chicken Nuggets, W/ Dipping Sauce, Steamed Veggies, Bread Stick, Salad Bar, Choice of Milk, Juice or Water</td>
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<td>Friday, Sept. 25</td>
<td>Domino’s Pizza, Cheese or Pepperoni, Super Salad Bar, Choice of Milk, Juice or Water</td>
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<td>Thurs., Sept. 28</td>
<td>Corn Dog, Tater Tots, Salad Bar, Choice of Milk, Juice or Water</td>
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<td>Tuesday, Sept. 29</td>
<td>Orange Chicken, Festive Rice, Salad Bar, Fortune Cookie, Choice of Milk, Juice or Water</td>
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<td>Tuesday, Sept. 30</td>
<td>Country Style Steak Strips, Baked Potato, Baked Potato Bar, Choice of Milk, Juice or Water</td>
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