

Monday	Tuesday	Wednesday	Thursday
<p>1</p> <p>BREAKFAST Cheese Omelet Baked Potato Rounds</p> <p>LUNCH Macho Nachos w.  Mexican Meat & Cheese w. Shredded Lettuce & Diced Tomatoes Brown Rice Diced Peach Cup</p>	<p>2</p> <p>BREAKFAST Western Scrambled Eggs WW Bagel Half </p> <p>LUNCH Chicken Fajita w. Sautéed Peppers & Onions in a Warm Tortilla w. Shredded Lettuce & Diced Tomatoes Cinnamon Applesauce</p>	<p>3</p> <p>BREAKFAST Pancakes w. Syrup</p> <p>LUNCH <i>Deli Bar</i> Ham, Turkey, Tuna Variety of Fresh Breads, Cheeses & Toppings Pasta Salad Blueberry Crisp</p>	<p>4</p> <p>BREAKFAST  Veggie Scramble W.W. Pita</p> <p>LUNCH Oven Baked Ziti w. Three Cheese Tossed Garden Salad w. Lite Dressing Mixed Fruit Cocktail</p>
<p>8</p> <p>BREAKFAST Sausage, Egg & Cheese Breakfast Tac-Go</p> <p>LUNCH Spaghetti w.  Italian Meat Sauce Tossed Garden Salad w. Lite Italian Dressing Pineapples</p>	<p>9</p> <p>BREAKFAST Waffles w. Fruited Topping</p> <p>LUNCH Roast Turkey w. Gravy Seasoned Stuffing Steamed Carrots Mandarin Oranges</p>	<p>10</p> <p>BREAKFAST Scrambled Eggs w. Cheese  Whole Wheat Toast</p> <p>\$0.50 LUNCH DAY Chicken Tenders w. Dipping Sauces Vegetable Pasta Salad Sliced Peaches</p>	<p>11</p> <p>BREAKFAST Breakfast Burrito w. Salsa</p> <p>LUNCH Baked Cajun Fish Boston Baked Beans Corn Bread Carrot Sticks Brownie</p>
<p>15</p> <p>BREAKFAST Breakfast Pizza</p> <p>LUNCH Italian Dunkers w. Marinara Dipping Sauce Marinated Tomato & Cucumber Salad Diced Pears</p>	<p>16</p> <p>BREAKFAST Cinnamon Raisin Oatmeal  Sausage Link</p> <p>LUNCH Baked Breaded  Chicken Nuggets Mashed Potatoes Green Beans Applesauce</p>	<p>17</p> <p>BREAKFAST Whole Grain Cinnamon French Toast</p> <p>LUNCH BBQ Pork & Cheddar Burrito Glazed Carrots Pudding</p>	<p>18</p> <p>BREAKFAST Scrambled Eggs w. Cheese  W.W. Bagel Half</p> <p>LUNCH Beef & Bean Chili w. Brown Rice  Vegetable Sticks Sliced Peaches</p>
<p>22</p> <p>BREAKFAST Country Skillet Breakfast Wrap</p> <p>LUNCH Breakfast for Lunch Whole Grain Cinnamon French Toast Breakfast Potatoes Fruit Crisp</p>	<p>23</p> <p>BREAKFAST Fruit & Yogurt Parfait</p> <p>LUNCH Baked Macaroni and Cheese Steamed Carrots Cinnamon Applesauce</p>	<p>24</p> <p>BREAKFAST Cinnamon Twist</p> <p>LUNCH Hot Meatball Sub w. Marinara Sauce Steamed Vegetable Fresh Fruit</p>	<p>25</p> <p>BREAKFAST Cook's Choice</p> <p>LAST DAY OF SCHOOL NO LUNCH SERVED</p> <p>HAVE A SAFE SUMMER!!!</p>
<p>Offered Daily at <u>Breakfast:</u> Variety of Fortified, Whole Grain, Cold Cereal 100% Fruit Juice Assorted Fresh Fruit Assorted Yogurt Flavors</p>	<p>Offered Daily at <u>Lunch:</u> Whole Wheat Pizza Hamburger/Cheeseburger Chicken Caesar Salad Chef Salad Garden Salad</p>	<p>Don't forget to check o www.MyNutrikids.com www.eatlearnlive.com</p> <p>The School Lunch Program is operated in accordance with U.S. Dept o permit discrimination because of race, color, sex, age, handicap or nat</p>	

Assorted Deli Sandwich
Assorted Fresh Fruit
Assorted Yogurt

believes he or she has been discriminated against in any U.S.D.A. activ
Secretary of Agriculture, Washington D.C. 20250. Food Services Prov
subject to change without notice. Questions? Please call Scott Handy

MAY MONTHLY FOCUS: SEASONALITY

NUTRITION MESSAGE...

Why eat foods that are in season?

There are a number of good reasons to eat more local, seasonal food:

- * To reduce the energy (and associated CO2 emissions) needed to grow and transport the food we eat
- * To avoid paying a premium for food that is scarcer or has traveled a long way
- * To support the local economy
- * Because seasonal food is fresher and so tends to be tastier and more nutritious

Source: <http://www.eattheseasons.com.uk/whyeattheseasons.html>

Menu June 2009

Friday

5

BREAKFAST

Ham, Egg & Cheese
on a Hard Roll

LUNCH

Chicken Cacciatore
Served Over Rice



Garlic Bread

Seasoned Green Beans
Diced Pears

12

BREAKFAST

Whole Grain Muffin
w. Fruited Yogurt



LUNCH

Whole Grain Breaded
Chicken Patty on a
Whole Wheat Bun



Lettuce & Tomato
Mixed Fruit Cocktail

19

BREAKFAST

Cook's Choice

LUNCH

Meat Lasagna
Dinner Roll

Tossed Garden Salad
w. Dressing
Fresh Fruit

**Congratulations
Seniors!!!**

out:

of Agriculture which does not
tional origin. Any person who

ivity should write to the
vided by Chartwells. Menu
/, DDS at 622-8110



