

Elementary Me

Monday	Tuesday	Wednesday	Thursday
<p>1</p> <p>BREAKFAST Cheese Omelet Baked Potato Rounds</p> <p>LUNCH Meat Lasagna Dinner Roll Tossed Salad w. Dressing Diced Pears - OR - Bagel w. Yogurt & Peanut Butter</p>	<p>2</p> <p>BREAKFAST Western Scrambled Eggs  WW Bagel Half</p> <p>LUNCH Oven Baked Chicken Fingers w. Dipping Sauce Baked Beans Sliced Peaches - OR - Cheeseburger/Hamburger</p>	<p>3</p> <p>BREAKFAST Pancakes w. Syrup</p> <p>LUNCH  Beef & Bean Nachos w. Cheese Sauce Steamed Green Beans Mixed Fruit - OR - BBQ Pork & Cheddar Burrito</p>	<p>4</p> <p>BREAKFAST  Veggie Scramble W.W. Pita</p> <p>LUNCH Whole Wheat Italian Dunkers w. Sauce Fresh Carrot Sticks Pudding - OR - Turkey & Cheese Wrap</p>
<p>8</p> <p>BREAKFAST Sausage, Egg & Cheese Breakfast Tac-Go</p> <p>LUNCH Spaghetti w. Italian Meat sauce  Garlic Bread Green Beans & Peaches - OR - Turkey & Cheese Bagel Melt</p>	<p>9</p> <p>BREAKFAST Waffles w. Fruited Topping</p> <p>LUNCH Baked Macaroni & Cheese Marinated Cucumbers Mixed Fruit - OR - Nachos w. Meat & Cheese</p>	<p>10</p> <p>BREAKFAST Scrambled Eggs w. Cheese  Whole Wheat Toast</p> <p>\$0.50 LUNCH DAY Chicken Patty on a Bun w. Lettuce & Tomato Steamed Carrots Blueberry Crisp - OR - Ham & Cheese Sub</p>	<p>11</p> <p>BREAKFAST Breakfast Burrito w. Salsa</p> <p>LUNCH  Turkey Taco Meat & Shredded Cheese in a Soft Shell Tortilla w. Lettuce & Tomato Diced Pears - OR - Cheeseburger/Hamburger</p>
<p>15</p> <p>BREAKFAST Breakfast Pizza</p> <p>EARLY DISMISSAL Turkey Sub w. Lettuce, Tomato & Cheese Mixed Vegetables Diced Pears - OR - Sloppy Joe on a Bun</p>	<p>16</p> <p>BREAKFAST  Cinnamon Raisin Oatmeal Sausage Link</p> <p>LUNCH BBQ Pork Rib let on a Bun  Cole Slaw Applesauce - OR - Chicken Fingers w. Roll</p>	<p>17</p> <p>BREAKFAST Whole Grain Cinnamon French Toast</p> <p>LUNCH Melted Ham & Cheese on a Wheat Bagel Vegetable Pasta Salad Raisins - OR - Cheeseburger/Hamburger</p>	<p>18</p> <p>BREAKFAST  Scrambled Eggs w. Cheese W.W. Bagel Half</p> <p>LUNCH Diced Turkey & Gravy Over Buttered Noodles Carrot Sticks Sliced Peaches - OR - Beef Ravioli</p>
<p>22</p> <p>BREAKFAST Country Skillet Breakfast Wrap</p> <p>LUNCH Oven Baked Ziti w. Cheese  Tossed Salad w. Dressing Peaches - OR - Cheeseburger/Hamburger</p>	<p>23</p> <p>BREAKFAST Fruit & Yogurt Parfait</p> <p>LUNCH Chicken Fajita w. Sautéed Peppers & Onions on a Warm Tortilla Steamed Carrots Applesauce - OR - Cook's Choice</p>	<p>24</p> <p>BREAKFAST Cinnamon Twist</p> <p>LUNCH Hot Meatball Sub on a Roll Steam Green Beans Pears - OR - Cheese Pizza</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> Chef or Garden Salad Chicken Caesar Salad Pb & J Sandwich Peanut Butter Sandwich Assorted Deli Sandwich</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 of permit discrimination because of race, color, sex, age, handicap or nat</p>			

Assorted Fresh or
Canned Fruit
Assorted Yogurt Flavors

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
 Open Face Hot
Turkey Sandwich
Steamed Corn
Cinnamon Applesauce
- OR -
Pepperoni Pizza

12
BREAKFAST
Whole Grain Muffin
 w. Fruited Yogurt
LUNCH
Breaded Fish Sticks
Brown Rice
Mexican Corn
Applesauce
- OR -
French Bread Pizza

19
BREAKFAST
Cook's Choice

LUNCH
Beef & Bean Chili
 Brown Rice
Tossed Salad w. Dressing
Mixed Fruit
- OR -
English Muffin Pizza

out:

of Agriculture which does not
tional origin. Any person who

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