

Elementary School Menu, 2009

May 8 - June 5

Lunch Price:
Daily \$2.25
10 Days \$22.50

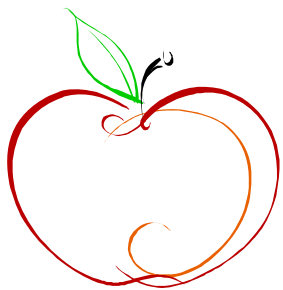
Reduced Price:
Daily \$.25
10 Days \$2.50

~ FYI ~

A complete meal includes a variety of fruit and vegetables plus a choice of lowfat or lowfat chocolate milk. Chocolate milk is not served with Breakfast.


This menu is designed to include a variety of foods that meet the desires of students while staying within the guidelines provided by the United States Department of Agriculture. If you have questions or suggestions about the school nutrition program please give us a call at 463-5269.

All Burgers, Hot Dogs and Sandwiches are served on 100% Whole Wheat Bread.



| Mon. May 11 | Tues. May 12 | Wed. May 13 | Thurs. May 14 | Fri. May 15 |
|---|---|---|---|---|
| Lunch: Poor Boy Sand. Multi Grain Corn Dog Fiesta Burrito* Pepperoni Pizza Breakfast: Granola Bar Yogurt or Cereal | Lunch: Chef's Salad Grilled Cheese* Grilled Chicken Burger Pasta/Meat Sauce (w/Garlic Breadstick) Breakfast: Pancakes Yogurt or Cereal | Lunch: Ham Sandwich Pizza Sticks* Grilled Hot Dog Nacho Beef Taco Wrap Breakfast: Breakfast Burrito Yogurt or Cereal | Lunch: Yogurt/Fresh Fruit* Fiesta Burrito* Hamburger Chili Beans (w/Multi Grain Chips) Breakfast: Sausage Biscuit Yogurt or Cereal | Lunch: Turkey Sandwich Piazza Pizza* Tasty Pocket Chicken Nuggets (w/Rice Pilaf) Breakfast: WW Cinn Bun Yogurt or Cereal |

| Mon. May 18 | Tues. May 19 | Wed. May 20 | Thurs. May 21 | Fri. May 22 |
|--|---|---|---|---|
| Lunch: Poor Boy Sand. Multi Grain Corn Dog Fiesta Burrito* Cheese Pizza* Breakfast: Assorted Muffins Yogurt or Cereal | Lunch: Taco Salad Grilled Cheese* Chicken Burger Beef Teriyaki Dippers (w/Potatoes & Roll) Breakfast: French Toast Sticks Yogurt or Cereal | Lunch: Ham Sandwich Pizza Sticks* Grilled Hot Dog Chicken Rings & Things Breakfast: Breakfast Pizza Yogurt or Cereal | Lunch: Deli Snack Pack Fiesta Burrito* Hamburger Carnitas/Beans (w/Tortilla Chips) Breakfast: Pancake & Sausage Yogurt or Cereal | Lunch: Tuna Salad Sandwich Piazza Pizza* Tasty Pocket Cook's Choice??? Breakfast: Blueberry Scone Yogurt or Cereal |

| Mon. May 25 | Tues. May 26 | Wed. May 27 | Thurs. May 28 | Fri. May 29 |
|--|--|---|--|---|
| Memorial Day No School  | Lunch: Chef's Salad Grilled Cheese* Grilled Chicken Burger Italian Dunkers (w/Garlic Breadstick) Breakfast: Pancakes Yogurt or Cereal | Lunch: Ham Sandwich Pizza Sticks* Grilled Hot Dog Beef Soft Taco Breakfast: Breakfast Burrito Yogurt or Cereal | Lunch: Yogurt/Fresh Fruit* Fiesta Burrito* Hamburger Teriyaki Rice Bowl Breakfast: Sausage Biscuit Yogurt or Cereal | Lunch: Turkey Sandwich Piazza Pizza* Tasty Pocket Cook's Choice??? Breakfast: WW Cinn Bun Yogurt or Cereal |

| Mon. June 1 | Tues. June 2 | Wed. June 3 | Thurs. June 4 | Fri. June 5 |
|--|--|--|---|---|
| Lunch: Poor Boy Sand. Multi Grain Corn Dog Fiesta Burrito* Combination Pizza Breakfast: Assorted Muffins Yogurt or Cereal | Lunch: Taco Salad Grilled Cheese* Chicken Burger Beef Teriyaki Dippers (w/Potatoes & Roll) Breakfast: French Toast Yogurt or Cereal | Lunch: Club Sandwich Pizza Sticks* Grilled Hot Dog Chicken Rings & Things Breakfast: Breakfast Pizza Yogurt or Cereal | Lunch: Cottage Cheese & Fruit Fiesta Burrito* Hamburger Chicken Parmigiana (w/Garlic Breadstick) Breakfast: Pancake & Sausage Yogurt or Cereal | Lunch: Uncrustable PB & J* Piazza Pizza* Tasty Pocket Chicken (w/Rice Pilaf) Breakfast: Cranberry Scone Yogurt or Cereal |

Eligible students may receive meals for Free or at a Reduced Price. Check with your child's school or the Food Service Office for details (463-5269).

| Lunch Nutrition Facts | | |
|--------------------------|---------|----------|
| Based on Weekly Averages | | |
| | Goal: | Average: |
| Calories: | 664 | 674 |
| Total Fat: | <30% | 24% |
| Saturated Fat: | <10% | 8% |
| Iron: | 3.5 mg | 10.2 mg |
| Vitamin A: | 1119 IU | 5260 IU |
| Vitamin C: | 15 mg | 43 mg |

The USDA is an equal opportunity provider and employer.

| Breakfast Nutrition Facts | | |
|---------------------------|--------|----------|
| Based on Weekly Averages | | |
| | Goal: | Average: |
| Calories: | 498 | 496 |
| Total Fat: | <30% | 18% |
| Saturated Fat: | <10% | 7% |
| Iron: | 2.6 mg | 6.4 mg |
| Vitamin A: | 839 IU | 1417 IU |
| Vitamin C: | 11 mg | 37 mg |