






May-June 2010
Healthy Choice Menu
School Nutrition Employee Week - May 3-7



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Casserole Fruit	Cereal Cheese Toast	Egg and Cheese Biscuit	Scrambled Eggs Grits Cheese Toast	French Toast Scrambled Eggs
3 Cheese Burger Chef Salad Baked Tots Western Beans Chilled Mixed Fruit	4 Chicken Drumstick Green Beans Yams Spiced Apples Biscuit	5 Meatballs w/ Gravy Mashed Potatoes Cabbage Mixed fruit Corn Muffin	6 Taco Chef Salad Corn Salad Peas	7 Pizza Garden Salad Oven French Fries Peach Cup
10 Chicken Nuggets Chef Salad Peas and Carrots Whole Grain Roll Fruit	11 Oven Fried Chicken Mixed Greens Potato Salad Spiced Apples Whole Grain Roll	12 Manager's Choice 	13 Turkey Supreme Green Beans w/ Potatoes Carrot Coins Applesauce Roll	14 Pizza Garden Salad Oven French Fries Blue berry Cup
17 Frank on Bun Vegetarian Beans Oven Rounds Fruit	18 Oven Fried Chicken Peas Whipped Potatoes Apples Cornbread	19 Spaghetti w/ Meatballs Steamed Broccoli Green Salad Mixed Fruit Breadstick	20 Chick Fillet Corn Green Beans Strawberry Cup	21 Pizza Garden Salad Oven French Fries Peach Cup
24 Chicken Nuggets Chef Salad Peas and Carrots Whole Grain Roll Fruit	25 Oven Fried Chicken Mixed Greens Potato Salad Spiced Apples Whole Grain Roll	26 Manager's Choice 	27 Turkey Supreme Peas Mashed Potatoes Strawberry Cup Roll	28 Chick Fillet Garden Salad Oven French Fries Peach Cup
31 <i>Holiday!</i>	June 1 Hot Dog on Bun Baked Beans Tots Fruit	2 Chicken Nuggets Mashed Potatoes Sweet Peas Fruit Whole Grain Roll	3 Manager's Choice 	4 Pizza Garden Salad Oven French Fries Peach Cup
7 Manager's Choice 	8 Chicken Nuggets Sweet Corn Tender Green Beans Whole Grain Roll Fruit	9 Manager's Choice 		

Summer Fun Ideas



- Read a book
- Plant a garden
- Volunteer your time
- Invite friends over for a home cooked meal
- Start a gratitude journal
- Plan a picnic
- Take a walk everyday
- Laugh with joy
- Pick berries
- Hug your best friend
- Learn a new craft
- Join a team



Have a safe and happy summer!

“Graduation is only a concept.
In real life, every day you graduate.
Graduation is a process that goes
on until the last day of your life.
If you can grasp that, you'll
make a difference.” - Arie Pencovici



Congratulations Class of 2010!

All menus are subject to change without prior notice.

Breakfast consists of milk, juice, fruit/ vegetable, bread, or meat. All sites serve: Kelloggs cereal, juice, fruit and choice of low fat milk daily. A complete lunch consists of meat entrée, bread, vegetable, fruit, and milk choices. Meal program participants must choose at least 3different food items per meal. 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, SW, Washington DC 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.