

# Elementary School Lunches

## June 2010

### National Rose & Dairy Month



Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> Stuffed Crust Pizza or Chef Salad with Deli Meat & Crackers Carrot Stix Chilled Fruit Cup	<b>2</b> Chicken Nuggets or Turkey Sub Mashed Potatoes Dinner Roll Chilled Fruit Cup	<b>3</b> Nacho Tacos With Meat Shredded Lettuce & Cheese or Deli Sub Corn Chilled Fruit Cup	<b>4</b> Oven Baked Pizza or Tuna Sandwich Tasty Tossed Salad Chilled Fruit Cup
<b>7</b> Chicken Patty On A Bun or Smuckers PB&J Oven Fries Chilled Fruit Cup	<b>8</b> Pizzatas with Sauce Italian bread or Chef Salad with Deli Meat & Crackers Carrot Stix Chilled Fruit Cup	<b>9</b> BBQ Rib Sandwich or Turkey Sub Potato Wedges Chilled Fruit Cup	<b>10</b> Top Your Own Burger On A Bun or Turkey Sub Tater Tots Chilled Fruit Cup	<b>11</b> Oven Baked Pizza or Tuna Sandwich Tasty Tossed Salad Chilled Fruit Cup
<b>14</b> Crispy Chicken Nuggets or Smuckers PB&J Dinner Roll Oven Fries Chilled Fruit Cup	<b>15</b> Nacho Tacos with Meat Shredded Cheese & Lettuce or Ham & Cheese Sub Corn Chilled Fruit Cup	<b>16</b> French Toast Stix with Sausage or Yogurt, Fruit, & Cheese Platter with Crackers 100% Juice Chilled Fruit Cup	<b>17</b> Cheese Burger on a Bun or Turkey Sub Oven Fries Chilled Fruit Cup	<b>18</b> Oven Baked Pizza or Tuna Sandwich Carrots Sticks Chilled Fruit Cup
<b>21</b> Chicken Patty on a Bun or Smuckers PB & J Smile Potatoes Chilled Fruit Cup	<b>22</b> Cheese Steak Sandwich or Chef Salad with Deli Meat & Crackers Carrot Stix Chilled Fruit Cup	<b>23</b> Hot Dog on a Bun or Deli Sub Oven Fries Chilled Fruit Cup	<b>24</b> Oven Baked Pizza or Turkey Sub Tasty Tossed Salad Chilled Fruit Cup	<b>25</b>  LAST DAY OF SCHOOL FOR TEACHERS

June 5 - World Environment Day  
June 14 - Flag Day  
June 20 - Father's Day

June 21 - First Day of Summer  
June 21 to June 24 - Early Dismissal  
June 24 - LAST DAY OF SCHOOL

Available Choice of Low-Fat Milk      Daily Seasonal Fresh Fruit Basket      Assorted Bread Basket

**Alternate Cold Lunch Choices:**

1.) Fiesta Fun Lunch Box with Baked Scoops & Salsa    2.) Bagel Lunch Box with Choice of Peanut Butter or Cheese Stix

\*Please note: Smuckers Uncrustables sandwiches are on whole wheat bread/rolls.  
Pizza crust is made with whole wheat flour.

## Here's What's Cookin'

Your lunch includes:

Choice of one entrée  
Hot or Cold

Choice of 2 Sides  
Fruit / Vegetable

Choice of Low-fat Milk

A lunch must include a  
minimum of three groups.

If less than three are  
selected, you will be  
charged ala carte.

Full Price Lunch = \$2.50  
Reduced Lunch Price = \$ .40  
Milk = \$ .50

Lunches maybe prepaid

**MENU SUBJECT TO  
CHANGE**

Families know that kids who  
**EAT SMART and PLAY  
HARD** do better  
in school!

Our school is preparing healthier  
meals by serving low-fat dairy  
products, more fruits and  
veggies, whole grains and dried  
beans (to increase fiber), and  
lower fat entrees. **Contact the  
school food service department,  
Michelle Jenkins, R.D. at  
(732) 525-5207 to see what  
healthy changes we are making!**

There are a lot of things you  
can do right around your house  
or neighborhood to get fit and  
have fun.

This month roll down a hill, jump  
rope, or play hopscotch.

