



Elementary School Lunches

May 2010

National Physical Fitness & Sports Month



Monday	Tuesday	Wednesday	Thursday	Friday
3 Crispy Chicken Nuggets or Smuckers PB & J Smile Potatoes Dinner Roll Chilled Fruit Cup	4 Stuffed Crust Pizza or Chef Salad with Deli Meat & Crackers Carrot Stix Chilled Fruit Cup	5 Nacho Tacos With Meat Shredded Lettuce & Cheese or Deli Sub Corn Chilled Fruit Cup	6 BBQ Rib Sandwich or Turkey Sub Seasoned Diced Potatoes Chilled Fruit Cup	7 Oven Baked Pizza or Tuna Sandwich Tasty Tossed Salad Chilled Fruit Cup
Teacher Appreciation Week				
10 Chicken Patty On A Bun or Smuckers PB&J Oven Fries Chilled Fruit Cup	11 Pepperoni Pizzas with Sauce Italian bread or Chef Salad with Deli Meat & Crackers Steamed Vegetables Chilled Fruit Cup	12 Cheese steak Sandwich or Turkey Sub Smile Potatoes Chilled Fruit Cup	13 Top Your Own Burger On A Bun or Deli Sub Tater Tots Chilled Fruit Cup	14 Oven Baked Pizza or Tuna Sandwich Tasty Tossed Salad Chilled Fruit Cup
17 Crispy Chicken Nuggets or Smuckers PB&J Oven Fries Dinner Roll Chilled Fruit Cup	18 Grilled Cheese Sandwich or Ham & Cheese Sub Veggie Stix Chilled Fruit Cup	19 French Toast Stix with Sausage or Yogurt, Fruit, & Cheese Platter with Crackers 100% Juice Chilled Fruit Cup	20 Hot Dog on a Bun or Turkey Sub Smile Potatoes Chilled Fruit Cup	21 Oven Baked Pizza or Tuna Sandwich Tasty Tossed Salad Chilled Fruit Cup
24 Chicken Patty on a Bun or Smuckers PB & J Smile Potatoes Dinner Roll Chilled Fruit Cup	25 Mozzarella Stix with Sauce or Chef Salad with Deli Meat & Crackers Carrot Stix Chilled Fruit Cup	26 Nacho Tacos with meat Shredded Lettuce & Cheese or Deli Sub Corn Chilled Fruit Cup	27 Cheeseburger on a Bun or Turkey Sub Oven Fries Chilled Fruit Cup	28 Oven Baked Pizza or Tuna Sandwich Tasty Tossed Salad Chilled Fruit Cup
31 MEMORIAL DAY NO SCHOOL	May 4 - National Teacher Day May 5 - Cinco de Mayo May 9 - Mother's Day May 10 - Clean Up Your Room Day	May 12 - Kite Day May 13 - Tulip Day May 19 - Circus Day May 22 - Penny Day		



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.

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.*

