

Menus for May 2010



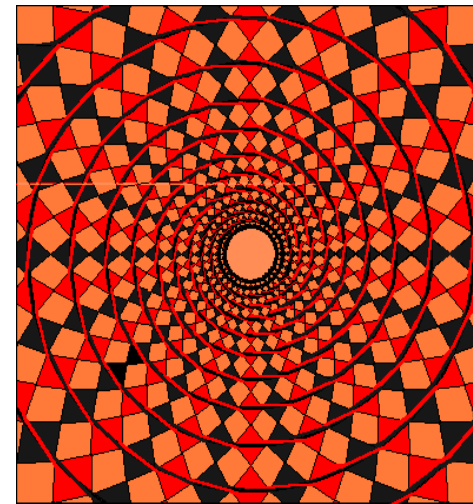
ELEMENTARY SCHOOLS

This institution is an equal opportunity provider and employer.

Word of the Month

fair·ness

- n. 1. the ability to make judgments free from discrimination or dishonesty
2. the state, quality, or ideal of being just, impartial, and equitable



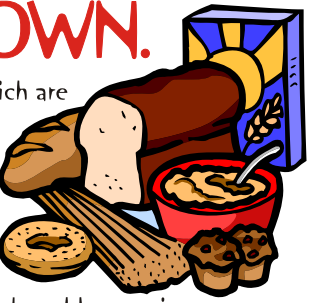
Only an Illusion

This image might look like a spiral, but it's not — it's a series of circles. The background makes it **APPEAR** to be a spiral. Try tracing one of the lines if you're not convinced. You won't move inward or outward — you'll just go around in a circle.



GET DOWN WITH THE BROWN.

Whole grain foods (which are usually brown) are better for you than the white stuff. So when you can, try to choose whole wheat pasta and bread, whole grain cereal, and brown rice.



**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!**

Monday, May 3

Breakfast
Nutigrain Bar
Cheese Stick
Juice, Milk

Lunch
Chicken Salad Sandwich
Carrot Sticks
Fruit

Tuesday, May 4

Breakfast
Breakfast Pizza
Juice, Milk

Lunch
Bean & Cheese
Burrito
Celery Sticks
Fruit

Wed., May 5

Breakfast
Pancake on a Stick
Juice, Milk

Lunch
Chili Dogs
Fruit

Thursday, May 6

Breakfast
Cinnamon Bun
Cheese Stick
Juice, Milk

Lunch
Mac & Cheese w/Ham
Veggies
Fruit

Monday, May 10

Breakfast
Quaker Oat
Granola Bar
Cheese Stick
Juice, Milk

Lunch
Meat Loaf
Macaroni Salad
Veggie
Fruit

Tuesday, May 11

Breakfast
Strawberry Churro
Juice, Milk

Lunch
Sub Sandwich
Veggie Stick
Fresh Fruit

Wed., May 12

Breakfast
Sausage Biscuit
Juice, Milk

Lunch
Hamburgers
Oven Fries
Fruit

Thursday, May 13

Breakfast
Chocó Chip
Breakfast Round

Lunch
Chicken Nuggets
Veggie
Fruit