

# Menus for May 2010



## Harvest Elementary

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**Monday, May 3**

Choice of One  
 Chicken Sandwich  
 Hot Dog  
 Yogurt w/wo PB & J  
 Cheese Stick w/Pretzel

On The Salad Bar  
 Fresh Fruit  
 Salad Bar  
 Baked Fries  
 Sliced Pears

**Tuesday, May 4**

Choice of One  
 Chicken Nuggets  
 Macaroni & Cheese  
 Yogurt w/wo PB & J  
 Cheese Stick w/Pretzel

On The Salad Bar  
 Fresh Fruit  
 Salad Bar  
 Green Beans  
 Mixed Fruit

# 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!**

**Wed., May 5**

Choice of One  
 Chicken Hip Dipper  
 Soft or Hard Taco  
 Yogurt w/wo PB & J  
 Cheese Stick w/Pretzel

On The Salad Bar  
 Fresh Fruit  
 Salad Bar  
 Rice  
 Corn  
 Applesauce

**Thursday, May 6**

Choice of One  
 Hamburger w/wo Cheese  
 Popcorn Chicken  
 Yogurt w/wo PB & J  
 Cheese Stick w/Pretzel

On The Salad Bar  
 Fresh Fruit  
 Salad Bar  
 Mashed Potatoes  
 Sliced Peaches

**Friday, May 7**

No School

Staff Professional Development Day



**Monday, May 10**

Choice of One  
 Chicken Sandwich  
 Brunch for Lunch  
 Yogurt w/wo PB & J  
 Cheese Stick w/Pretzel

On The Salad Bar  
 Fresh Fruit  
 Salad Bar  
 Potato Triangles  
 Apple Slices

**Tuesday, May 11**

Choice of One  
 Chicken Nuggets  
 Garfield Pizza  
 Yogurt w/wo PB & J  
 Cheese Stick w/Pretzel

On The Salad Bar  
 Fresh Fruit  
 Salad Bar  
 Green Beans  
 Sliced Pears



**Wed., May 12**

Choice of One  
 Hamburger w/wo Cheese  
 Boneless Chicken Legs  
 Yogurt w/wo PB & J  
 Cheese Stick w/Pretzel

On The Salad Bar  
 Fresh Fruit  
 Salad Bar  
 Peas  
 Baked Fries  
 Fruit Mix

**Thursday, May 13**

Choice of One  
 Pizza Dippers  
 Chicken Hip Dipper  
 Yogurt w/wo PB & J  
 Cheese Stick w/Pretzel

On The Salad Bar  
 Fresh Fruit  
 Salad Bar  
 Carrot Coins  
 Applesauce

**Friday, May 14**

Choice of One  
 Domino's Day  
 Rib B-Q Sandwich  
 Yogurt w/wo PB & J  
 Cheese Stick w/Pretzel

On The Salad Bar  
 Fresh Fruit  
 Salad Bar  
 Corn  
 Peaches

Super: Fruit Snack

# Try not to grow up too fast on us.

The school year probably seems like it takes forever to you. But to your parents (and to us), it seems like you're a baby one day and all grown up the next. If you're moving on to a new school next year, good luck. If not, we'll see you back here in a couple of months. But, either way, please do us a favor this summer: try to enjoy just being a kid. Because before you know it, a grown-up will be staring back at you from the mirror!

