

SALEM SCHOOL FOOD SERVICE
ELEMENTARY MENU

JUNE 2007

Barron – 898-0225 Haigh - 898-0223
Fisk – 898-0226 Lancaster - 898-0227
Soule – 898-0229 No. Salem- 898-0228

Barbara Schultz, Food Service Director

Free & Reduced Meals applications are available anytime by calling the Foodservice Office at 893-7077.

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. (Not all prohibited bases apply to all programs.)

PRICES
Breakfast*

\$.90 \$ 1.50
Student Adult

Lunch*
\$ 1.35 \$ 2.35
Student Adult

*Includes Milk

Word of the Month
pride

adj. 1. a sense of one's own proper dignity or value; self-respect 2. pleasure or satisfaction taken in a special accomplishment

ULTRAVIOLENT.

The summer sun's golden rays bathe your skin in more than just warmth. You're also soaking up ultra-damaging ultraviolet radiation – the leading cause of both skin cancer and premature wrinkles. Always use sunscreen that's at least SPF 15. No exceptions!



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

Monday, June 4

Choice of One
Chicken Tenders
8 oz. Flavored Yogurt

Potato Wedges
Seasoned Vegetable
Vanilla Pudding
Chilled Fruit

Tuesday, June 5

Choice of One
Grilled Hot Dog
Chicken Caesar Salad
8 oz. Flavored Yogurt

Cucumber Rounds
Goldfish Crackers
Mixed Fruit

Wednesday, June 6

Choice of One
Grilled Cheese Sandwich
Ham & Cheese Sandwich
8 oz. Flavored Yogurt

Carrot Stix w/Dip
Oven Baked Fries
Chilled Fruit

Thursday, June 7

Choice of One
Chicken Patty on a bun
8 oz. Flavored Yogurt

Pretzels
Seasoned Vegetable
Cinnamon Apple Slices

Friday, June 8

Choice of One
Pizza Sticks w/Marinara Sauce
Manager's Choice
8 oz. Flavored Yogurt

Celery Stix w/Dip
Teddy Grahams
Pears

The Nutrition Sleuth

Taking a closer look at the foods we eat . . .

Broccoli is an excellent source of vitamin C and beta carotene, both of which can help fight cancer. Frozen broccoli actually has more beta carotene (but less vitamin C) than fresh. Steaming fresh broccoli is the best way to retain nutrients and avoid the "too strong" flavor that results from overcooking.



Calorie analysis of this typical School Lunch Combo:

Chicken Nuggets
Steamed Broccoli
Roll w/Butter
Fresh Peach
Chocolate Pudding
Lowfat Chocolate Milk

Total calories: 697
Calories from protein: 18%
Cal. from carbohydrates: 54%
Calories from fat: 28%
Goal: 30% or less fat calories

Monday, June 11

Choice of One
Chicken Nuggets
8 oz. Flavored Yogurt

Oven Baked Fries
Corn Niblets
Cranberry Sauce
Apple

Tuesday, June 12

Choice of One
Cheeseburger
Manager's Choice
8 oz. Flavored Yogurt

Celery Sticks
Baked Chips
Chilled Apple Slices

Wednesday, June 13

Choice of One
Mozzarella Stix w/4 oz Yogurt
8 oz. Flavored Yogurt

Seasoned Vegetable
Raisins
Chilled Fruit

Thursday, June 14

Choice of One
Nachos w/Beef & Cheese
8 oz. Flavored Yogurt

Seasoned Vegetable
Chilled Pineapple

Friday, June 15

*** EARLY RELEASE ***

BAG LUNCH
TODAY!

Turkey Sandwich
Carrot Stix
Baked Doritos
Chocolate Chip
Cookie
Apple

Have a
GREAT SUMMER!

Thanks for eating with us this year.
We look forward to seeing you
when school starts up again!