



LUNCH PRICES:	
Elementary	\$1.75
Middle	\$2.10
High	\$2.25
Adult	\$2.50



# May/June 2008

Menu subject to change due to availability.



Even if you take time to eat 3 meals a day, children may still feel hungry at times. The answer? A healthy snack. Smart snacking can keep energy levels up and the mind alert. Here are some tips:

- **Prepare healthy snacks in advance.** Make your own trail mix and keep plenty of fruits and vegetables at home so you can grab them on the go. Cut up melons or veggies and keep them in bags in the fridge, ready to grab and go.
- **Keep healthy snacks with you.** Make it a habit to have some fruit, whole-grain crackers, or baby carrots when on the go.
- **Make it interesting.** Healthy snacking doesn't have to be boring. Whole-wheat pretzels with spicy mustard, rice cakes, or low-fat yogurt are healthy, tasty and easy.
- **Satisfy cravings with healthier approaches.** To satisfy a taste for chocolate, try chocolate milk instead of a chocolate bar. Substitute ice cream with nonfat frozen yogurt. Snack on baked tortilla chips and salsa, or have pretzels instead of chips.
- **Read serving size information.** What looks like a small package of cookies may contain 2 or more servings.
- **Remember.** Always read the nutrition label on the product and look for the serving size on the package. Keep snack portions small.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>"In accordance with Federal law, and US Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (800)795-3272 (voice) or (202)720-6382 (TTY). USDA is an equal opportunity provider and employer."</p>				
5 Chicken Patty/Bun Or Turkey/Bun And Fruit Blend Juice Corn Milk	6 Turkey Taco Bowl W/Rice Or Tuna Salad/Bun And Lettuce/Tomato Pears Milk	7 Macaroni & Cheese Or BBQ Beef Rib/Bun And Vegetable Normandy Peaches Biscuit Mix Milk	8 Hamburger/Bun And Egg Salad/Bun And Lettuce/Tomato Potato Wedges Milk	9 Cheese Pizza Or Turkey Ham & Cheese on a Bun And Confetti Salad Orange Juice Green Beans Milk
12 Chicken Nuggets Or Tuna Salad/Bun And Apple Juice Baby Carrots W/Dip Cornbread Milk	13 Spaghetti & Meatballs Or Egg Salad/Bun And Garden Salad Green Beans Peaches Garlic Bread Sticks Milk	14 Grilled Cheese Sandwich Or Turkey/Bun And Tomato Soup Mixed Fruit Milk	15 Corn Dog Or BBQ Beef Rib/Bun And Grape Juice Potato Wedges Milk	16 Cheeseburger/Bun Or Fish Patty/Bun And Corn Vegetable Normandy Applesauce Milk
19 Macaroni & Cheese Or Turkey/Bun And Fruit Blend Juice Key West Vegetables Biscuit Milk	20 Diced Chicken W/Gravy Or BBQ Beef Rib/Bun And Mashed Potatoes Peaches Milk	21 Hamburger/Bun Or Tuna Salad/Bun And Corn Lettuce/Tomato Potato Wedges Milk	22 Cheese Pizza Or Egg Salad/Bun And Orange Juice Green Beans Milk	23  <b>NO SCHOOL</b>
26 <b>HOLIDAY</b> 	27 Chicken Nuggets Or Tuna Salad/Bun And Grape Juice Green Beans Biscuit Milk	28 Grilled Cheese Sandwich Or Turkey/Bun And Corn Applesauce Broccoli Milk	29 Hot Dog/Bun (All Beef) Or BBQ Beef Rib/Bun And Apple Juice Potato Wedges Milk	30 Spaghetti/Meatballs Or Egg Salad/Bun And Mixed Fruit Baby Carrots W/Dip Garlic Bread Sticks Milk
June 2 Chicken Patty/Bun Or Turkey/Bun And Fruit Blend Juice Corn Milk	3 Hamburger/Bun Or Tuna Salad/Bun And Lettuce/Tomato Pears Milk	4 Grilled Cheese Sand. Or BBQ Beef Rib/Bun And Green Beans Peaches Milk	5 Corn Dog Or Egg Salad/Bun And Grape Juice Fresh Fruit Milk	6  <b>NO SCHOOL</b> 

Parents are encouraged to prepay for students meals. Salad bar and fresh fruit are available for lunch daily.