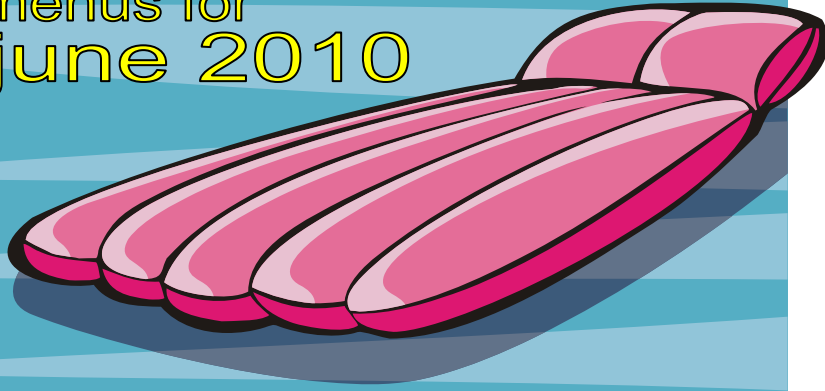


menus for june 2010



Elementary Schools

This institution is an equal opportunity provider and employer.

IN THE SWIM.

Have fun around the water this summer, but please **BE SAFE**. Every year, about 4,000 Americans drown, many of them kids. Kids under 14 are more likely to drown in a swimming pool, while teens 15 and older are more likely to drown while swimming in a river, lake, or ocean. Know your ability and your limitations. And don't swim alone.



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.

WELLNESS IS A WAY OF LIFE!

Available Daily

Salad Options

- 6/1-9 South West Salad
- 6/7-11 Chicken Popper Salad
- 6/14-18 Chicken Fajita
- 6/21-22 Chef Salad

Tuesday, June 1

Cheese Burger/
Roll
French Fries
Assorted Fruit
Milk

Buttered Bagel
Jelly
Assorted Juice
Milk

Wed., June 2

Chicken Parm/
Roll
Corn
Fruit Crisp
Milk

Muffin
Juice
Milk

Thursday, June

Spaghetti with
Meat Sauce
Garden Salad
with Spinach
Italian Bread
Assorted Fruit
Milk

Waffles
Juice
Milk

Friday, June 4

Personal Pan
Pizza
Veggie Wedges
Assorted Fruit
Milk

Scrambled Eggs
English Muffin
Juice
Milk

Monday, June 7

Chicken Fingers
Dipping Sauce
Mashed Potatoes
Strawberry
Shortcake
Dinner Roll
Milk

Bagel
Cream Cheese
Juice
Milk

Tuesday, June 8

French Toast Stix
Sausage
Hash Brown
Potatoes
100% Juice
Milk

Blueberry Muffin
Juice
Milk

Wed., June 9

Soft Shell Taco
Cheese Sauce
Assorted Fixings
Corn
Assorted Fruit
Milk

Ham & Cheese
English Muffin
Juice
Milk

Thursday, June

Breaded Chicken
Pieces
Rice
Mixed Veggies
Assorted Fruit
Milk

Breakfast Pizza
Juice
Milk

Friday, June 11

Cheese Pizza
Garden Salad
With Spinach
Assorted Fruit
Milk

Pancakes
Juice
Milk

Word of the Month

dil·i·gence

- n. 1. The state or quality of pursuing one's goals with conviction, persistence, and dedication
2. steady effort; attentive care

OUR 50 STATES



WASHINGTON

"The Evergreen State"

Admitted to the Union November 11, 1889 as the 42nd State

State Capital: Olympia

Monday, June 14

Chicken Nuggets
Dipping Sauce
Mashed Potatoes
Fruit Cobbler
Dinner Roll
Milk

Bagel, Cream
Cheese
Juice
Milk

Tuesday, June 15

Soft Shell Tacos
Cheese Sauce
Assorted Fixings
Corn
Assorted Fruit
Milk

Scrambled Eggs
Toast
Juice
Milk

Wed., June 16

Ham & Cheese
Piccolo Sandwich
Carrots
Assorted Fruit
Milk

French Toast
Sticks
Juice
Milk

Thursday, June 17

Breaded Chicken
Pieces
Rice Pilaf
Green Beans
Fresh Fruit
Dinner Roll
Milk

Ham & Cheese
On English Muffin
Juice
Milk

Friday, June 18

Hot Dog/Roll
Condiments
Baked Beans
Pretzels
Watermelon
Milk

Muffin
Juice
Milk

Monday, June 21

Chicken Patty/Roll
Mac & Cheese
Side
Baby Whole
Carrots
Assorted Fruit
Milk

Breakfast Pizza
Juice
Milk

Tuesday, June 22

Hamburger/Roll
Corn
Baked Beans
Fruit
Milk

Assorted Cereal
Juice
Milk

Elem

FRUIT Peaches

Juicy summer peaches are sweet enough to eat for dessert, but they're low in calories and fat. Plus peaches are high in vitamin C, fiber, vitamin A, niacin, potassium, and "phytochemicals," which promote healthy skin.

OF THE MONTH