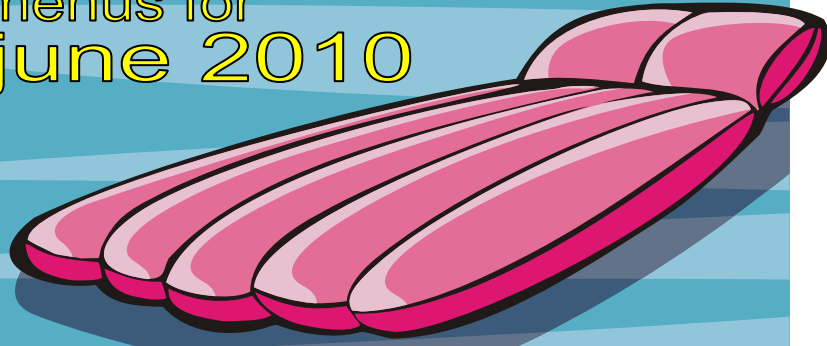


# menus for june 2010



**OAMS**

*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!**

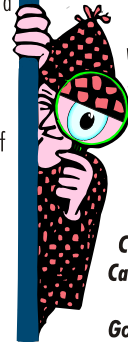
<b>Tuesday, June 1</b>	<b>Wed., June 2</b>	<b>Thursday, June 3</b>	<b>Friday, June 4</b>
Build a Burger/Roll Fixings Hot Dogs/Roll Tater Tot Fruit Milk	Chicken Parm/Roll Tomato Soup Toasted Cheese Sandwich Corn Fruit Crisp Milk	Spaghetti with Meat Sauce Meat Ball Sub Garden Salad with Spinach Garlic Bread Fruit Milk	Cheese Pizza Veggie Wedges Fruit Milk

<b>Monday, June 7</b>	<b>Tuesday, June 8</b>	<b>Wed., June 9</b>	<b>Thursday, June 10</b>	<b>Friday, June 11</b>
Chicken Fingers Dipping Sauce Mashed Potatoes Strawberry Short- Cake Dinner Roll Milk	French Toast Sticks Sausage Hamburger/Roll Hash Brown Potatoes Fruit Milk	Soft Shell Tacos Cheese Sauce Taco Salads Assorted Fixings Corn Fruit Milk	Breaded Chicken Pieces Hot Dogs/Roll Rice Mixed Veggie Fruit Milk	Cheese Pizza Garden Salad With Spinach Assorted Fruit Milk

## The Nutrition Sleuth

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

Can potato chips be part of a healthy meal? Not if a jumbo bag of chips is your entire meal. But a meal that includes a small bag of chips (especially if they contain no trans fat), a turkey sandwich, and an apple is quite nutritious -- and quite tasty, too!



**Calorie analysis of this typical School Lunch Combo:**  
Sliced Turkey Breast on a Whole Wheat Roll w/Lettuce, Tomato, Mustard  
Baked Potato Chips  
Carrot Sticks w/dip  
Apple Slices  
Lowfat Chocolate Milk

**Total calories: 691**  
**Calories from protein: 21%**  
**Cal. from carbohydrates: 53%**  
**Calories from fat: 26%**  
**Goal: 30% or less fat calories**

## Available Daily

**Breakfast Daily**  
**Bagels, breakfast sandwich, breakfast pizza, and cereal.**  
**Assorted SUBS and Salads daily.**

# OUR 50 STATES



## WASHINGTON

"The Evergreen State"

Admitted to the Union November 11, 1889 as the 42th State  
State Capital: Olympia

### Monday, June 14

Chicken Nuggets  
Dipping Sauce  
Mashed Potatoes  
Fruit Cobbler  
Dinner Roll  
Milk

### Tuesday, June 15

Soft Shell Tacos  
Fixings  
Taco Salad  
Cheese Sauce  
Corn  
Assorted Fruit  
Milk

### Wed., June 16

Ham & Cheese on  
Bagel  
Tomato Soup  
Toasted Cheese  
Veggie  
Fruit  
Milk

### Thursday, June 17

Chicken Patty on  
Roll  
Hot Dogs/Roll  
Veggie  
Fruit  
Milk

### Friday, June 18

Cheese Pizza  
Tossed Salad  
Fruit  
Milk

### Monday, June 21

Chicken Patty/Roll  
Hot Dogs/Roll  
Tater Tots  
Fruit  
Milk

### Tuesday, June 22

Fiestada  
Hamburger/Roll  
Corn  
Baked Beans  
Fruit  
Milk

OAMS



## JUNE BIRTHDAYS

Johnny Depp (47) -- June 9  
Donald Duck (76) -- June 9  
Maurice Sendak (82) -- June 10  
(Author of the "Wild Things" books)  
Anne Frank -- June 12  
Harriet Beecher Stowe -- June 14  
Gabi Wilson (13) -- June 27

