



June 2010 Lunch Menu Elementary School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Student Meal \$1.75 Reduced Meal \$.25 Adult Meal \$2.87 + tax	Available Daily PBJ, Cheese Sandwich Assorted Salads Assorted Wraps Yogurt Parfait	² Cowboy Burger All Beef Burger served with BBQ Sauce & American Cheese Lettuce & Tomato on a Whole Wheat Bun OR Tuna fish Wrap Tuna Salad with Lettuce & Tomato rolled in a Flour Tortilla Green Beans Peaches Milk	³ South of the Border Bar Seasoned Ground Turkey served with Flour or Corn Tortillas, or Chips Lettuce Tomato OR Ham & American Wrap Deli Ham & American in a Flour tortilla Mixed Vegetables Applesauce Milk	⁴ Pizza Whole Wheat Crust with Marinara Sauce and Mozzarella Cheese OR Turkey & Romaine Lettuce Wrap served with Green Salad Orange Milk
⁷ Baked Fried Chicken Oven Baked Chicken Pieces OR Egg Salad Plate Fresh Egg Salad served over Lettuce Mix Bread Stick Three Bean Salad Apple Milk	⁸ Pasta Bar Spaghetti or Whole Wheat Rotini topped with assorted Sauces, Marinara, Meat, Alfredo OR Chicken Salad Wrap Diced Chicken with Lettuce & Tomato in a flour Tortilla Cucumber Rounds Peaches Milk	⁹ Meatball Parmesan Baked Beef Meatballs topped with Marinara & Shredded Mozzarella Cheese on a Whole Wheat Roll OR Turkey Bologna & Cheese On Whole Wheat Bread Orange Fresh Fruit Milk	¹⁰ Turkey Burrito Slow Roasted Turkey Breast served with Fresh Local Peppers in a Flour Tortilla OR Italian Hero Wedge Sweet Peas Pineapples Milk	¹¹ Pizza Whole Wheat Crust with Marinara Sauce and Mozzarella Cheese OR Salami & American Wrap Lettuce & Tomato Green Beans Bartlett Pears Milk KLR Hamburger & Hot Dogs
¹⁴ Hot Dog Bar Turkey or Beef Hot Dogs served on a Whole Wheat Bun OR Chicken Cesar Salad Diced Chicken served over Romaine Lettuce with Croutons Bean Salad Chilled fruit Milk	¹⁵ Grilled Ham & Cheese Deli Ham & American Cheese toasted on Whole Wheat Bread OR American Hero Turkey, Salami and American Cheese on a Whole Wheat Roll Side Salad Fresh Fruit Milk	¹⁶ Baled Ziti Whole Wheat Rotini tossed with Marinara Sauce and topped with Shredded Mozzarella Cheese OR Ham & American Sandwich Mixed Vegetables Assorted Fruit Milk	¹⁷ Brunch For Lunch French Toast Sticks & Canadian Bacon OR Turkey Salami & Cheese Hero Potato Rounds Orange Juice Diced Peaches Milk	¹⁸ KLR Field Day Pizza Bar Pizza Bagels, French Bread Pizza, Whole Wheat Pizza with assorted Toppings OR Assorted Deli Sandwiches and Salads Pasta Salad Peaches Milk
²¹	²²	²³	²⁴	²⁵
<div style="border: 1px solid black; padding: 10px; display: inline-block;"> <h2>Early Dismissal Breakfast Only Served</h2> </div>				

WEEKLY HERO & SALAD SPECIALS

	<u>HEROS</u>	<u>SALAD</u>
MONDAY	Turkey & American Cheese	Tuna Fish Plate
TUESDAY	American Sub	Cobb Salad
WEDNESDAY	Ham & Provolone Cheese	Chicken Salad
THURSDAY	Turkey Bologna & American	Fresh Vegetable Toss Salad
FRIDAY	Salami & American Cheese	Chicken Salad Plate

Elementary Heros are made with 2oz of meat and cheese and served on a 4 inch Roll

Salads are made over 1 cup of romaine and iceberg mix and come with Breadsticks

Heros and Salads are served with your choice of dressings, Ranch, low-Fat Italian, Balsamic Vinaigrette, and an 8 oz milk variety, and available fresh or cupped fruit