





# Elementary Lunch Menu

## June 2011

**Lunch Prices:**

- Lunch Price \$3.25
- Adult Lunch \$4.75
- A La Carte Milk \$.50
- A La Carte Juice \$.75
- A La Carte Fruit/Veggie \$.75

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Lunch:</b> Students may select one entrée, milk and two side items. <b>Side items include:</b> side salad, fresh fruit, canned fruit, frozen fruit cup, fruited gelatin, 100% fruit juice, corn cobbett, side salad, vegetable cup, WG dinner roll or baby carrots. <b>Offered Daily:</b> variety of freshly made sandwiches from the central kitchen and a variety of fresh, locally grown and organic fruit.</p>		<p>1 Mini Beef Ravioli Grilled Cheese<sup>v</sup> Variety of Sandwiches Vegetable Cup Variety of Fresh Fruit Strawberry Fruited Gelatin* Goldfish Grahams</p> <p>Pizza: Northwood, Meadow Park, Plaza Vista, Stonegate Turtle Rock</p>	<p>2 Baked Chicken &amp; Potatoes Max Sticks &amp; marina sauce<sup>v</sup> Variety of Sandwiches Tossed Side Salad Variety of Fresh Fruit Canned Fruit</p> <p>Pizza: Culverdale, University Park, Brywood, Santiago Hills, Stone Creek</p>	<p>3 Chicken Teriyaki Dippers Veggie Quesadilla<sup>v</sup> Variety of Sandwiches Baby Carrots Variety of Fresh Fruit Canned Fruit</p> <p>Pizza: Vista Verde</p>
<p>6 Cheeseburger Twins Cheese Galaxy Pizza<sup>v</sup> Variety of Sandwiches Vegetable Cup Variety of Fresh Fruit Canned Fruit</p> <p>Pizza: Greentree &amp; Deerfield</p>	<p>7 WG Pasta &amp; Meat Sauce Fiesta Burrito<sup>v</sup> Variety of Sandwiches Tossed Side Salad Variety of Fresh Fruit Canned Fruit</p> <p>Pizza: College Park, Springbrook &amp; Westpark</p>	<p>8 Beef Rib-B-Q on WG Bun French Toast and Cheese<sup>v</sup> Variety of Sandwiches Vegetable Pasta Salad Variety of Fresh Fruit Canned Fruit</p> <p>Pizza: Oak Creek, Eastshore &amp; Canyon View</p>	<p>9 Chicken Os Macaroni &amp; Cheese<sup>v</sup> Variety of Sandwiches Tossed Side Salad Variety of Fresh Fruit Canned Fruit</p> <p>Pizza: Alderwood, Bonita Canyon &amp; Woodbury</p>	<p>10 Chicken Double Dogs Veggie Quesadilla<sup>v</sup> Variety of Sandwiches Variety of Fresh Fruit Canned Fruit Chocolate Chip Cookie</p> <p>Pizza: Vista Verde</p>
<p>13 Beef Teriyaki Dippers Cheese Galaxy Pizza<sup>v</sup> Variety of Sandwiches Corn Cobbette Variety of Fresh Fruit Canned Fruit</p>	<p>14 Hamburger on a Bun Max Sticks &amp; marina sauce<sup>v</sup> Variety of Sandwiches Tossed Side Salad Variety of Fresh Fruit Strawberry Fruited Gelatin*</p>	<p>15 Student's Favorites Variety of Sandwiches Carrots Baby Variety of Fresh Fruit Canned Fruit</p> <p style="text-align: center;"><b>LAST DAY OF SCHOOL</b></p>		
<p><u>Average Weekly Nutritionals</u> <u>Week of May 31th</u> Calories: 657 Kcals Total Fat: 22 g Cholesterol: 52 mg Carbohydrates: 89 g Protein: 28 g</p>	<p><u>Average Weekly Nutritionals</u> <u>Week of June 6th</u> Calories: 693 Kcals Total Fat: 223 g Cholesterol: 62 mg Carbohydrate: 94.5 g Protein: 30 g</p>	<p><u>Average Weekly Nutritionals</u> <u>Week of June 13th</u> Calories: 689 Kcals Total Fat: 23 g Cholesterol: 52 mg Carbohydrate: 94 g Protein: 29 g</p>		

### Healthy Summer Tips

#### Don't forget your sun block!

The average person uses less than half the recommended amount of sun block when they apply it on their kids. Sun block should be applied about 30 minutes before kids go outside. Dermatologists strongly recommend using a sunscreen with an SPF 15 or greater year-round for all skin types. A hat, sunglasses, and loose fitting, full length clothing can also help protect kids from the harmful effects of the sun.

#### Food Safety

Foodborne illnesses increase during the summer. Microorganisms grow faster in the warm summer months. Most foodborne bacteria grow fastest at temperatures between 90 and 110 °F. Cook foods to the correct temperature. Don't cross contaminate food and remember to wash hands frequently. It is important to keep cold foods cold (below 41 °F) and hot foods held (above 135°F)

#### Stay Hydrated!

Our bodies need water. More than half of our body is made up of water. It is especially important to drink water during the hot days. Don't wait for signs of dehydrations such as extreme thirst, dry mouth and headache. Eating water-based foods is a great way to supplement your water intake and stay hydrated. Eat fruits like watermelon and pineapple rather than drinking the juice. They are cooling and perfect for hot summer days and have high water content and are rich in minerals.