

MENU

Week of
May 31-June 4 & July 5-9 2010
August 9-13 2010
SAS Summer 1

Approved by: _____

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Rice Krispies Cereal Peaches Milk	English muffin Butter/jelly Fruit /cocktail Milk	Kix Cereal Pineapple chunk Milk	Life Cereal Tropical fruit Milk	Pancakes w/ Syrup Mandarin Oranges Milk
Lunch	Pasta w/ homemade Beef meat sauce Tossed Salad /Italian Dressing Melon Slices Assorted 1% Milk	Chicken Patty Hard roll Broccoli Pears Assorted 1% Milk	Breaded fish fillet Vegetarian Baked Beans Rice Fresh Apple Assorted 1% Milk Field Trip Groups 1 & 2*	BBQ Chicken Corn on the cob Watermelon Bread Sticks Assorted 1% Milk Field Trip Groups 3 & 4*	Homemade Beef Chili w/ Cheese Rice Oranges Assorted 1% Milk
Snack	Tortilla Chips w/ salsa Grape Juice	Turkey corn dog Apple Juice	½ Bagel Butter/Jelly Milk	Pudding Chocolate Vanilla Wafers Apple Juice	String Cheese Crackers Pineapple Juice

***Trip Lunch: Ham on white bread with carrots, raisins, and 1% Milk**

MENU

Week of

Approved by: _____

June 7-11, 2010 & July 12-16, 2010
& August 16-20, 2010

SAS Summer 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Dinner Rolls w/butter Sliced Peaches Milk	½ Bagels Grape jelly or butter Pears Milk	Cheerios Bananas Milk	French Toast Pineapple Chunks Milk	Rice Krispies Cereal Strawberries Milk
Lunch	Sheppard Pie w/ Ground beef, peas & Carrots Grapes Assorted 2% Milk	Fettuccini Alfredo W/ Chicken Green Peas Peaches Assorted 1% Milk	Germen Beef Meat loaf Dinner Rolls Scalloped potatoes Applesauce Assorted 1% Milk Field Trip Groups 1 & 2*	Tuna Fish Oven baked fries Melon White Bread Assorted 1% Milk Field Trip Groups 3 & 4*	Chicken Parmesan Pasta w/Tomato Sauce Tossed salad w/ Italian Dressing Cantaloupe Slices Assorted 1% Milk
Snack	Caramel Mini Rice Cakes Apple Juice	Cheese Nip Crackers Pineapple Juice	Hawaiian Strawberry Jell-O Filled w/pineapple chunks Asst. Low Fat Milk	Turkey corn dog Grape Juice	Fresh Fruit Salad Yogurt

*Trip Lunch: Turkey on wheat bread with carrots, raisins, and 1% Milk

MENU

Week of

June 14-18, 2010 & July 19-23, 2010

& August 23-27, 2010

SAS Summer 3

Approved by: _____

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Kix Cereal Fruit Cocktail Milk	English Muffin Butter/Jelly Pears Milk	Life Cereal Mandarin Oranges Milk	Waffle Sticks w/ Syrup Blueberries Milk	Blueberry Muffins Peaches Milk
Lunch	Salisbury Steak Peas/Carrots Rice Medley Sliced peaches Asst. Low fat Milk	HomeMade Macaroni & cheese Green Beans Fruit Cocktail Assorted 1% Milk	All American Sloppy Joe on a bun Taters tots Grapes Assorted 1% Milk Field Trip Groups 1 & 2*	Baked Chicken Corn Pears Bread Sticks Assorted 1% Milk Field Trip Groups 3 & 4*	Homemade Pizza English Muffins Peas Pineapple Chunks Assorted 1% milk
Snack	Cinnamon Pop-Tarts Low Fat Chocolate Milk	Ice Cream Graham Crackers Milk	Soft Bread Sticks Pineapple juice	Ritz Crackers Cheddar Cheese Cubes Apple Juice	Mini Eggroll Grape Juice

*Trip Lunch: Chicken on a roll with carrots, raisins and 1% Milk

MENU

Week of

Approved by: _____

June 21-25, 2010 & July 26-30, 2010

SAS Summer 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Rice Krispies Cereal Strawberries Milk	Pancakes w/ Syrup Blueberries Milk	Kix Cereal Peaches Milk	English Muffin Butter and Jelly Pears Milk	French Toast Sticks w/ Syrup Peaches Milk
Lunch	Soft Taco Ground Beef & Cheese Lettuce & Tomato Applesauce Taco Shells Assorted 1% Milk	Swedish meatballs Rice Mixed Vegetables Pears Assorted 1% Milk	Chicken patty on A Roll w/ F, Fries Fresh Apple Assorted 1% Milk Field Trip Groups 1 & 2*	Baked Cheese Ziti Tossed green salad Peaches Assorted 1% Milk Field Trip Groups 3 & 4*	Roast Turkey W/ Gravy Mashed Potato Melon Slice Stuffing Assorted 1% Milk
Snack	String Cheese Crackers Apple Juice	Trail Mix (Raisins, chocolate chips, cheerios) Grape juice	Ritz Crackers Cheddar Cheese Cubes Apple Juice	Vanilla Pudding & Vanilla Wafers Low Fat Milk	Cinnamon Roll Low Fat Milk

*Trip Lunch: Ham on white bread with carrots, raisins, and 1% Milk

MENU

Week of
June 28, 2010 – July 2, 2010
& August 2-6 2010
SAS Summer 5

Approved by: _____

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Life Cereal Mandarin Oranges Milk	French Toast Sticks w/ Syrup Blueberries Milk	Cheerios Bananas Milk	Toast Butter or Jelly Pears Milk	Raisin Bran Cereal Mixed Fruit Milk
Lunch	Baked Fish Fillet Broccoli Fruit Cocktail Macaroni & Cheese Assorted 1% Milk	Beef Hamburger on a bun Oven baked fries Melon Assorted 1% Milk	Chicken tenders Peas and carrots Applesauce Dinner roll Assorted 1% Milk Field Trip Groups 1 & 2*	Ground beef with Spanish Rice Green Beans Tropical fruit Salad Assorted 1% Milk Field Trip Groups 3 & 4*	Beef Hotdog on a Bun Vegetarian Baked Beans Watermelon Slice Assorted 1% Milk
Snack	½ Bagel Butter/ Jelly Low Fat Milk	Hot Pretzel Grape Juice	Vanilla Ice cream cup Graham Crackers Milk	Cheese Gold Fish Crackers Apple Juice	Fresh Fruit Salad Yogurt

***Trip Lunch: Turkey on wheat bread with carrots, raisins, and 1% Milk**

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Breakfast					
Lunch					
Snack	Tortilla Chips w/ salsa Grape Juice	Turkey corn dog Apple Juice	½ Bagel Butter/Jelly Milk	Pudding Chocolate Vanilla Wafers Apple Juice	String Cheese Crackers Pineapple Juice

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Week of

Approved by: _____

June 7-11, 2010 & July 12-16, 2010

& August 16-20, 2010

YS Summer 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
Lunch					
Snack	Caramel Mini Rice Cakes Apple Juice	Cheese Nip Crackers Pineapple Juice	Hawaiian Strawberry Jell-O Filled w/pineapple chunks Asst. Low Fat Milk	Turkey corn dog Grape Juice	Fresh Fruit Salad Yogurt

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YS Summer 3

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	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
Lunch					
Snack	Cinnamon Pop-Tarts Low Fat Chocolate Milk	Ice Cream Graham Crackers Milk	Soft Bread Sticks Pineapple juice	Ritz Crackers Cheddar Cheese Cubes Apple Juice	Mini Eggroll Grape Juice

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Week of

Approved by: _____

June 21-25, 2010 & July 26-30, 2010

YS Summer 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
Lunch					
Snack	String Cheese Crackers Apple Juice	Trail Mix (Raisins, chocolate chips, cheerios) Grape juice	Ritz Crackers Cheddar Cheese Cubes Apple Juice	Vanilla Pudding & Vanilla Wafers Low Fat Milk	Cinnamon Roll Low Fat Milk

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Breakfast					
Lunch					
Snack	½ Bagel Butter/ Jelly Low Fat Milk	Hot Pretzel Grape Juice	Vanilla Ice cream cup Graham Crackers Milk	Cheese Gold Fish Crackers Apple Juice	Fresh Fruit Salad Yogurt