

Ferndale Elementary Lunch
May 21, 2012 to June 15, 2012
Student lunch \$2.50 Reduced price \$0.40

All meals include a trip to Chartwells food bar. Daily food bar offerings include a variety of fruits and vegetables such as:

Fresh Romaine Lettuce, Mixed Greens, Spinach, Fresh Greens, Different Legumes, Carrots, Celery, Peppers, Cucumbers, Broccoli, Cauliflower, onions, Tomatoes, Mushrooms, Green Bean Salad, Vegetable Pasta Salad, Confetti Coleslaw, Cabbage, Cut up Fresh fruit, Whole Fresh Fruit, Black Bean and Corn Salad, Chilled Apple sauce, Chilled Peas, Chilled Fruit Cocktail, Chilled Cranberries, Red and Green Grapes, watermelon, pineapple, strawberries, pears, any many other choices.

Monday	Tuesday	Wednesday	Thursday	Friday
May 21 Swedish Meatballs w/ Whole Grain Dinner Roll Sweet Corn Pineapple Tidbits Skim White/Skim Choc Milk	22 Coolidge Pepperoni or Cheese Pizza Roosevelt Stuffed Crust Pizza Salad Bar Chilled Peaches Skim White/Skim Choc Milk	23 Breaded Chicken Sandwich w/ Whole Grain Bun Seasoned Peas Fresh Pears Skim White/Skim Choc Milk	24 Primo Penne Pasta w/ Marinara Meat Sauce Mixed Veggies Fruit Cocktail Skim White/Skim Choc Milk	25 Baked Whole Grain Breaded Chicken Nuggets Sweet Corn Mandarin Oranges Skim White/Skim Choc Milk
Weekly alternatives: Mondays Junior Turkey and Cheese in Whole Grain Roll w/ Baby Carrots, Fruit and Skim White or Skim Choc Milk				
28 Memorial Day	29 Coolidge Pepperoni or Cheese Pizza Roosevelt Baby Bosco Sticks Salad Bar Chilled Peas Skim White/Skim Choc Milk	30 Sloppy Joes w/ Whole Grain Bun Seasoned Peas Petite Bananas Skim White/Skim Choc Milk	31 Chicken Cacciatore w/ Stewed Tomato and Peppers Steamed Brown Rice Skim White/Skim Choc Milk	June 1 Whole Grain Popcorn Chicken Seasoned Peas Chilled Peaches Skim White/Skim Choc Milk
Weekly alternatives: Tuesdays Eagle Chef Salad (romaine lettuce, tomato, cheese, deli meat) served with WG Breadstick and Light Ranch Dressing, Fruit and Skim Milk				
4 Fish Sticks Baked Potato Wedges Steamed Green Beans Mandarin Oranges Skim Milk/Choc Skim Milk	5 Coolidge Pepperoni or Cheese Pizza Roosevelt Stuffed Crust Pizza Salad Bar Chilled Peaches Skim White/Skim Choc Milk	6 BBQ Riblet w/ Whole Grain Bun Sweet Corn Locally Grown Apple Skim White/Skim Choc Milk	7 Soft Taco w/ Seasoned Ground Beef Cheese, Lettuce, Salsa Mixed Vegetables Pineapple Tidbits Skim White/Skim Choc Milk	8 Whole Grain Mini Chicken Corn Dogs Steamed Broccoli Chilled Peas Skim White/Skim Choc Milk
Weekly Alternatives: Wednesdays Nacho Fun Lunch with Tortillas, Cheddar Cheese, Fresh Salsa, and Skim White or Skim Choc Milk				
11 Nachos w/ Refried Beans, Cheese, Lettuce & Salsa Mandarin Oranges Skim White/Skim Choc Milk	12 Coolidge Pepperoni or Cheese Pizza Roosevelt Baby Bosco Sticks Salad Bar Fresh apples Skim White/Skim Choc Milk	13 All American Burger Whole Wheat Bun Sweet Corn Chilled Peaches Skim White/Skim Choc Milk	14 Turkey Hot Dog w/ Whole Grain Bun Roasted Carrots Chilled Peas Skim White/Skim Choc Mil	15 Last Day of School Half Day
Weekly Alternatives: Thursdays Junior Ham and Cheese in Whole Wheat Wrap w/ Baby Carrots, Fruit and Skim White or Skim Choc Milk				
			Keep active! Sure it's hotter than heck, and few kids want to run around outdoors in the heat of the day. But find other ways to stay active. Encourage swim races at the pool and playing Manhunt after dusk. If all else fails, turn on the Wii in an air conditioned room. Keep exercise a part of your vacation too. Biking, jogging, and signing up for active activities, rather than lazing at the pool or beach, will do everyone's body and brain a whole lot of good.	
Weekly Alternatives: Fridays Junior Turkey and Cheese in Whole Wheat Wrap w/ Baby Carrots, Fruit and Skim White or Skim Choc Milk				



Go to www.choosemyplate.gov for online personal wellness resources for you and your family.

The National School Lunch Program is operated in accordance with U.S. Department of Agriculture policy which does not permit discrimination because of race, color, sex, age, handicap or national origin. Any person who believes that he or she has been discriminated against in any U.S.D.A. activity should write to the Secretary of Agriculture, Washington, D.C. 20250.