



Pineapple provides manganese, vit C, and B1 in each serving.

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East Penn School District

JEFFERSON Elementary May 2012



Contact Info: Aneita Sutton/ Paul Vlasics: Food Service Directors 610-965-1680 asutton@eastpennsd.org

Menu subject to change	Mon	Tue	Wed	Thu	Fri	<u>ALA CARTE OPTION:</u>
<p><u>Breakfast Prices</u></p> <p>\$1.10 Paid</p> <p>\$.30 Reduced</p> <p><u>Lunch Prices</u></p> <p>\$1.90 Paid</p> <p>\$2.25 Dominos Paid</p> <p>\$.40 Reduced</p> <p><u>Breakfast Menu:</u></p> <p>T/W/Th- Hot May Include: french toast sticks, waffles, pancakes, pizza, sausage pancake on a stick, variety of sandwiches</p> <p>M/ F- Cold May Include: LOW SUGAR/ WHOLE GRAIN cereal variety, toast, muffins, whole wheat rolls, whole grain bars</p> <p>Fruit and Milk are included daily</p>	<p>May is A Healthier You month. To celebrate we are offering low sugar and whole grain cereal only at breakfast.</p>	<p style="text-align: center;"><u>1</u> PULLED BBQ ON A WHEAT BUN THREE BEAN SALAD FRUITED GELATIN 1/2 PINT MILK</p>	<p style="text-align: center;"><u>2</u> HORNET HOAGIE (HAM, SALAMI, BOLOGNA & CHEESE on a SEEDED roll) CORN NIBLETS PEACH CUP 1/2 PINT MILK</p>	<p style="text-align: center;"><u>3</u> MACARONI AND CHEESE STEWED TOMATOES APPLESAUCE 1/2 PINT MILK</p>	<p style="text-align: center;"><u>4</u> PIZZA CARROTS PINEAPPLE 1/2 PINT MILK</p>	<p><u>Mondays:</u></p> <p>Nutri-Grain Bars \$.75</p> <p><u>Tuesdays:</u></p> <p>W/G Jungle Cracker \$.50</p> <p><u>Wednesdays:</u></p> <p>4 oz Yogurt \$.75</p> <p><u>Thursdays:</u></p> <p>Fruit Snacks \$.50</p> <p><u>Fridays:</u></p> <p>Cheez Its \$1.00</p>
	<p style="text-align: center;"><u>7</u> MEATBALL SUB (meatballs with marinara and mozz cheese on a roll) FRESH BROCCOLI CRISP PEARS 1/2 PINT MILK</p>	<p style="text-align: center;"><u>8</u> HAM & CHEESE STROMBOLI (HAM, CHEESE, SAUCE ON A FLAT BREAD) GREEN BEANS MANDARIN ORANGES 1/2 PINT MILK</p>	<p style="text-align: center;"><u>9</u> BAKED RIGATONI (PASTA, SAUCE, CHEESE, GROUND BEEF) TOSS SALAD BANANA 1/2 PINT MILK</p>	<p style="text-align: center;"><u>10 NO ALTERNATE</u> SLICED TURKEY w/GRAVY WHEAT DINNER ROLL MASHED POTATOES HOT APPLE SLICES 1/2 PINT MILK</p>	<p style="text-align: center;"><u>11 All school Grill out</u> HAMBURGER OR CHEESEBURGER PASTA SALAD OR CARROT STICKS FRESH FRUIT 1/2 PINT MILK</p>	<p><u>Daily milk offering</u></p> <p>FAT FREE Chocolate, FAT FREE Strawberry, 1% White and Skim</p>
	<p style="text-align: center;"><u>14</u> BEEF SLIDERS BAKED POTATO ROUNDS PEACH CUP 1/2 PINT MILK</p>	<p style="text-align: center;"><u>15</u> CHICKEN AND BISCUITS WITH GRAVY GREEN BEANS CHERRY CRISP 1/2 PINT MILK</p>	<p style="text-align: center;"><u>16 NO ALTERNATE</u> DOMINO PIZZA SLICE TOSS SALAD APPLESAUCE 1/2 PINT MILK</p>	<p style="text-align: center;"><u>17 NO ALTERNATE</u> NACHO CHIPS W/ SEASONED GROUND BEEF (TOPPING: CHEESE, LETTUCE, SALSA) FRESH CARROTS MIXED FRUIT 1/2 PINT MILK</p>	<p style="text-align: center;"><u>18</u> HOT DOG ON A BUN BAKED BEANS PINEAPPLE 1/2 PINT MILK</p>	<p><u>Alternate Lunch Choice</u></p> <p>M: TURKEY & CHEESE ON WHEAT SLICE BREAD</p> <p>T: PIZZA</p>
	<p style="text-align: center;"><u>21</u> SALISBURY STEAK W/ GRAVY WHOLE WHEAT SLICE SCALLOPED POTATOES CRISP PEARS 1/2 PINT MILK</p>	<p style="text-align: center;"><u>22</u> CHICKEN BURRITO (CHICKEN, CHEESE, RE-FRIED BEANS WRAPPED IN A TORTILLA) FRESH VEGETABLES ASSORTED FRESH FRUIT 1/2 PINT MILK</p>	<p style="text-align: center;"><u>23</u> HAM AND CHEESE ON A CLUB ROLL ROASTED GARBANZO BEANS HOT APPLE SLICES 1/2 PINT MILK</p>	<p style="text-align: center;"><u>24</u> SPAGHETTI & MEATBALLS SLICED WHEAT BREAD TOSS SALAD MANDARIN ORANGE CUP 1/2 PINT MILK</p>	<p style="text-align: center;"><u>25</u> PIZZA STICKS W/ MARINARA DIPPING SAUCE FRESH CARROTS ASSORTED FRESH FRUIT 1/2 PINT MILK</p>	<p>W: CHICKEN NUGGETS W/ WHEAT SLICE</p> <p>Th: EGG PATTY ON A BISCUIT</p>
	<p style="text-align: center;"><u>28</u> NO SCHOOL</p>	<p style="text-align: center;"><u>29</u> CRISP FISH STICKS CORN NIBLETS PEACH CUP 1/2 PINT MILK</p>	<p style="text-align: center;"><u>30</u> CHICKEN CORDON BLEU ON A WHEAT BUN (CHICKEN, HAM SLICE, CHEESE) GARDEN PEAS FRUITED CAKE 1/2 PINT MILK</p>	<p style="text-align: center;"><u>31 NO ALTERNATE</u> CHICKEN STRIPS WHEAT SLICE BREAD FRESH CARROTS APPLESAUCE 1/2 PINT MILK</p>	<p>Bottled water is available daily 8 oz \$.50</p>	<p>F: NO ALTERNATE</p>