

# Blind Brook Elementary School

## May 2008

### Jillian's Gesture

Spring is Sprung, and what better way to celebrate than with the taste of fresh, crisp greens! Springtime is perfect for snacking on some carrot or celery sticks, eating a salad of mixed greens or enjoying some great tomatoes, zucchini or squash that you can even grow in your own garden (with the help of an adult, of course!)



#### LUNCH PRICES:

Student Lunch Price \$2.25  
 Adult Lunch \$3.25 + tax  
 Milk \$0.35

#### LUNCH ALTERNATES AVAILABLE DAILY:

Bagel with Butter or Cream Cheese  
 American Cheese Sandwich

#### PREPAID LUNCHES AVAILABLE

Pre-Paid lunches are available through the Cafeterial Main Office.  
 20 Lunches for \$45.00



#### QUESTIONS OR COMMENTS

About the Food Service Program?

Please call the High School Lunch Office

Menu subject to change. Notice posted when

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Chicken Patty on a Bun Or Pizza Bites Cucumber Coins with Low Fat Dip or Green Beans Choice of Fruit	2 Cheese Pizza Or Chicken Parmesan Pizza Tomato Salad or Green Beans Choice of Fruit
5 Tuna Salad Wrap Or Chicken Nuggets with Mashed Potatoes Dinner Roll Celery Sticks w/ Dip or Steamed Carrots Choice of Fruit	6 Baked Macaroni & Cheese with French Bread or Hebrew National Hot Dog Baby Carrots with Dip Choice of Fruit	7 Pasta with Sauce and Low Fat Cheese or Meat Ball Hero Garlic Bread. Tossed Salad or Steamed Green Beans Choice of Fruit	8 Chicken Fajitas Roll-up Or (V) Grilled Cheese Sandwich Chicken Noodle Soup Cucumber Coins Choice of Fruit Choice of Fruit	9 Cheese Pizza or Pizza Bagel Pasta Salad with Veggies or Peas Choice of Fruit
1 Veggie Wrap Or Baked Chicken Nuggets Seasoned Rice Celery Sticks w/ Dip Choice of Fruit	13 Waffle Sticks with Ham or Cheese Omelet w/ Bagel Baby Carrots with Dip Or Tator Tots Choice of Fruit	14 Pasta with Sauce and Low Fat Cheese or Mozzarella Sticks Garlic Bread. Tossed Salad or Steamed Green Beans Choice of Fruit	15 Chicken Cesar Wrap Or Twin Tacos Cucumber Coins with Low Fat Dip or Corn Choice of Fruit	16 Cheese Pizza or Pepperoni Pocket Baby Carrots with Dip or Peas Choice of Fruit
19 Egg Salad on a Roll Or Baked Chicken Nuggets Seasoned Rice Corn or Celery Sticks with Dip Choice of Fruit	20 Corn Dog Or Cheeseburger or Hamburger on a Bun Oven Fries or Celery Sticks with Low Fat Dip or Corn Choice of Fruit	21 Pasta with Sauce and Low Fat Cheese or Baked Fish Sticks Garlic Bread. Tossed Salad or Steamed Broccoli Choice of Fruit	22 Veggie Pizza or Cheese Pizza Baby Carrots with Dip or Peas Choice of Fruit	23 No School
26 No School	27 No School	28 Pasta with Sauce and Low Fat Cheese Or Meat Ball Hero Garlic Bread Tossed Salad or Steamed Broccoli Choice of Fruit	29 Pizza Bagel Or Cheese Pizza Green Bean Salad or Celery Sticks with Low Fat Dip Choice of Fruit	30 SPIRIT DAY NO LUNCH

#### ALL STUDENT LUNCHES INCLUDE A CHOICE OF:

Whole Milk, Skim Milk, 1% Milk, or Low Fat Chocolate Milk  
 Apple, Orange or Fruit Juice  
 Vegetable and Fruit

#### DAILY HEALTHIER CHOICE

Tuna, Egg or Chicken Salad Platter  
 Served over a bed of mixed greens with tomato wedges, cucumbers, and dressing.

May be Served with American Cheese for Added Protein

#### FUN FOOD

#### FACT

Carrots Really Can Help You See In The Dark! Vitamin A is known to prevent "night blindness," and carrots are loaded with Vitamin A. So, why not load-up today!

#### LUCKY TRAY DAY

If your tray has a special mark on it, you will receive a special snack!

V=VEGETARIAN SELECTION

=HEALTHIER CHOICE

P=PORK PRODUCT