

LUNCH

May 2015

EII-Saline- Summer is Coming!

Lunch Fact

MyPlate recommends:

- Children need at least 60 minutes of physical activity every day.
- Be active together as a family.
- Physical activity should be developmentally-appropriate, fun, and offer variety.

Reference: USDA. MyPlate.gov. Internet: <http://www.myplate.gov/>.



* **monday**

* **tuesday**

* **wednesday**

* **thursday**

* **friday**

COMMIT TO BE FIT! MAY 7, 5:30-6:30 Family fun and Fitness- Bring your family or just yourself for Fun activities-Run, Dodge ball Nutrition games and healthy My Plate snack.

May is National Physical Fitness and Sports Month

CHEESE PIZZA
BROCCOLI FLORETS
BABY CARROTS
PINEAPPLE TIDBITS
MILK CHOICE

1

EL-COUNTRY BEEF PATTIE
MS/HS CHICKEN PATTIE
POTATOES & GRAVY
TOSSED SALAD , Roll & jelly
BANANA, MILK CHOICE

4

Ms/Hs Mac/Ch Meat balls
ELEM-Stromboli
Garden Salad
Cucumber & Celery
Peaches, Milk Choice

5

MS/HS EII-Saline Pizza
Elem-Mac & Cheese & Meat balls
SWEET PEAS, Baby Carrots
ORANGE HALVES, MILK

6

ELEM-BEAN/BEEF BURRITO
MS/HS CRISPITO, CZ SAUCE
LETTUCE & TOMATO, CORN
TOMATO SALSA
APPLE, MILK

7

BBQ BEEF ON A BUN
BAKED BEANS
BROCCOLI FLORETS
TROPICAL FRUIT
MILK CHOICE, (6-12) ?

8

CHICKEN WRAP
SEASONED RICE
ROMAINE & TOMATO
CUCUMBER SLICES
BANANA, MILK CHOICE

11

RIB ON A BUN
OVEN FRIES
BROCCOLI & CHEESE
ORANGE HALVES
MILK CHOICE

12

CORN DOG
GREEN BEANS
OVEN FRIES
FRUIT COCKTAIL
COOKIE, MILK CHOICE

13

CHICKEN & NOODLES
MASHED POTATOES
STEAMED CARROTS
APPLE QUARTERS
MILK CHOICE

14

MS/HS Chicken Fajita
Elem-Taco Salad
Refried Beans, Salsa & Chips
FRUIT
MILK CHOICE

15

ELEM- SCHOOL PICNIC
PBJ Sandwich, baby carrots,
apple slices, WG chips, Milk
MS/HS- Hot Dog, Chips, Apple,
Baby Carrots, Milk

18

NO BREAKFAST OR
LUNCH TODAY!!

LAST DAY OF SCHOOL-
11:00 DISMISSAL

19

HAVE A FUN SUMMER!
Your EII-Saline Food Service
Mrs. Bock, Mrs. Reiff,
Mrs. Jensen, Mrs. Base,
Ms. Lewis and Mrs. Walters

20

SUMMER IS FOR :
SWIMMING.....

21

RUNNING, JUMPING.....

22

SUMMER IS FOR:
PLANTING A GARDEN.....

25

FLYING KITES

26

WATCHING THE STARS
AND CATCHING
LIGHTENING BUGS

27

PICNIC IN THE PARK.....

28

CLIMB A HILL,
HAVE LOTS OF FUN.....!

29