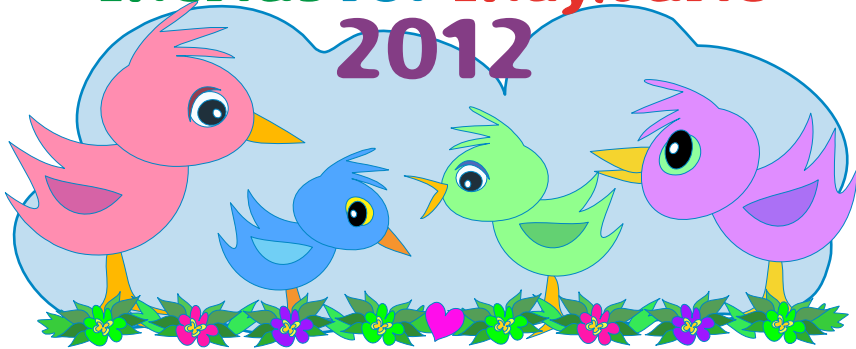


Menus for May/June

2012



Bedford County Public Schools Elementary Menu

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SNACK WELL?

Snack foods are loaded with empty calories from solid fats and added sugar. Sad thing is, a third of all of our daily calories, on average, come from candy, chips, soda, pastries, and other junky snack foods. Luckily, there's a cure for this condition: can you say fresh fruit?



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

To assist the School Nutrition Program with collecting any outstanding charges and clear up negative account balances before the end of the school year, **NO CHARGING WILL BE ALLOWED IN THE SCHOOL CAFETERIA AFTER FRIDAY, MAY 18TH.**

Beginning Monday, May 21st students must either have money with them for all purchases or have sufficient funds on their student meal account to cover all purchases. Questions regarding this information can be directed to Karen Arthur, School Nutrition Supervisor at 586-1045 x.224.

Tuesday, May 1

Choice of One
 Chicken Patty Sandwich
 Manager's Choice
 Sandwich Choice
 Chef Salad
Sides
 Steamed Broccoli
 Manager's Choice Vegetable
 Assorted Fruit Choices
 Milk
Breakfast
 Sausage Biscuit Or
 Cereal/Toast
 Juice/Fruit & Milk

Wednesday, May 2

Choice of One
 Spaghetti w/Breadstick
 Corn Dog Nuggets
 Sandwich Choice
 Grilled Chicken Salad
Sides
 Golden Corn
 Tossed Salad
 Assorted Fruit Choices
 Milk
Breakfast
 Chicken Biscuit Or
 Cereal/Toast
 Juice/Fruit
 Milk

Thursday, May 3

Choice of One
 Chicken Nuggets/Roll
 Carolina BBQ Sandwich
 Sandwich Choice
 Chef Salad
Sides
 Mashed Potatoes
 Green Beans
 Assorted Fruit Choices
 Milk
Breakfast
 Eggo Mini Pancakes Or
 Cereal/Toast
 Juice/Fruit
 Milk

Friday, May 4

Choice of One
 Hot Dog w/Chili
 Cheese Quesadilla
 Sandwich Choice
 Taco Salad
Sides
 Baked French Fries
 Manager's Choice Vegetable
 Assorted Fruit Choices
 Milk
Breakfast
 Breakfast Buffet
 Juice/Fruit
 Milk

Monday, May 7

Choice of One
 Chicken Tenders/Biscuit
 BBQ Rib Sandwich
 Sandwich Choice
 Chef Salad
Sides
 Golden Corn
 Fresh Veggies w/Dip
 Assorted Fruit Choices
 Milk
Breakfast
 Waffles Or
 Cereal/Toast
 Juice/Fruit
 Milk

Tuesday, May 8

Choice of One
 Cheeseburger w/Fixings
 Manager's Choice
 Sandwich Choice
 Chef Salad
Sides
 Baked Chips
 Steamed Mixed Veggies
 Assorted Fruit Choices
 Milk
Breakfast
 Breakfast Pizza Or
 Cereal/Toast
 Juice/Fruit
 Milk

Wednesday, May 9

Choice of One
 Taco w/Cheese
 Corn Dog
 Sandwich Choice
 Grilled Chicken Salad
Sides
 Mexican Rice
 Tossed Salad
 Assorted Fruit Choices
 Milk
Breakfast
 Sausage Biscuit Or
 Cereal/Toast
 Juice/Fruit
 Milk

Thursday, May 10

Choice of One
 Chicken Nuggets/Roll
 Stromboli
 Sandwich Choice
 Chef Salad
Sides
 Mashed Potatoes
 Green Beans
 Assorted Fruit Choices
 Milk
Breakfast
 French Toast Sticks Or
 Cereal/Toast
 Juice/Fruit
 Milk

Friday, May 11

Choice of One
 Cheese Sticks w/Sauce
 Manager's Choice
 Sandwich Choice
 Chef Salad
Sides
 Steamed Broccoli
 Manager's Choice Vegetable
 Assorted Fruit Choices
 Milk
Breakfast
 Breakfast Buffet
 Juice/Fruit
 Milk

Monday, May 14

Choice of One
 Assorted Pizza
 Meatball Sub
 Sandwich Choice
 Chef Salad
Sides
 Golden Corn
 Fresh Veggies w/Dip
 Assorted Fruit Choices
 Milk
Breakfast
 All American Breakfast Or
 Cereal/Toast
 Juice/Fruit
 Milk

Tuesday, May 15

Choice of One
 Chicken Patty Sandwich
 Philly Steak & Cheese
 Sandwich Choice
 Chef Salad
Sides
 Green Peas
 Manager's Choice Vegetable
 Assorted Fruit Choices
 Milk
Breakfast
 Eggo Mini Pancakes Or
 Cereal/Toast
 Juice/Fruit & Milk

Wednesday, May 16

Choice of One
 Chili & Cheese Nachos
 Manager's Choice
 Sandwich Choice
 Grilled Chicken Salad
Sides
 California Blend Veggies
 Tossed Salad
 Assorted Fruit Choices
 Milk
Breakfast
 Steak Biscuit Or
 Cereal/Toast
 Juice/Fruit
 Milk

Thursday, May 17

Choice of One
 Chicken Nuggets/Roll
 Carolina BBQ Sandwich
 Sandwich Choice
 Chef Salad
Sides
 Mashed Potatoes
 Green Beans
 Assorted Fruit Choices
 Milk
Breakfast
 Pillsbury Mini Waffles
 Or Cereal/Toast
 Juice/Fruit
 Milk

Friday, May 18

Choice of One
 Hot Dog w/Chili
 Crispy Fish Sandwich
 Sandwich Choice
 Taco Salad
Sides
 Sweet Potato Fries
 Creamy Coleslaw
 Assorted Fruit Choices
 Milk
Breakfast
 Breakfast Buffet
 Juice/Fruit
 Milk

Monday, May 21

Choice of One

Popcorn Chicken/Roll
Manager's Choice
Sandwich Choice
Chef Salad
Sides
Steamed Broccoli
Manager's Choice Vegetable
Assorted Fruit Choices
Milk

Breakfast
Pancakes Or
Cereal/Toast
Juice/Fruit & Milk

Tuesday, May 22

Choice of One

Cheese Sticks w/Sauce
Manager's Choice
Sandwich Choice
Chef Salad
Sides
1/2 Baked Potato
Manager's Choice Vegetable
Assorted Fruit Choices
Milk

Breakfast
Sausage Biscuit Or
Cereal/Toast
Juice/ Fruit & Milk

Wednesday, May 23

Choice of One

Assorted Pizza
Manager's Choice
Sandwich Choice
Grilled Chicken Salad
Sides
Fresh Veggies w/Dip
Manager's Choice Vegetable
Assorted Fruit Choices
Milk

Breakfast
Chicken Biscuit Or
Cereal/Toast
Juice/Fruit & Milk

Thursday, May 24

Choice of One

Chicken Nuggets/Roll
Manager's Choice
Sandwich Choice
Chef Salad
Sides
Mashed Potatoes
Green Beans
Assorted Fruit Choices
Milk

Breakfast
French Toast Sticks Or
Cereal/Toast
Juice/Fruit
Milk

Friday, May 25

Choice of One

Cheeseburger w/Fixings
Manager's Choice
Sandwich Choice
Chef Salad
Sides
Steamed Mixed Veggies
Manager's Choice Vegetable
Assorted Fruit Choices
Milk

Breakfast
Breakfast Buffet
Juice/Fruit
Milk



Berry Brush

Strawberries don't only belong on your plate -- they make great toothpaste, too, especially for whitening teeth and removing stains. The seeds in strawberries act as a mild abrasive, and strawberries also contain a chemical called malic acid that removes stains. Want to try? Just mash a strawberry with a little baking soda and then brush the mixture on. Let the berry goo sit on your teeth



for five minutes or so, and then brush normally. "Berry Brush" once a week for bright and shiny teeth! Tastes good, too!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, May 28



No School Today

Tuesday, May 29

Choice of One

Chicken Patty Sandwich
Manager's Choice
Sandwich Choice
Chef Salad
Sides
Steamed Broccoli
Manager's Choice Vegetable
Assorted Fruit Choices
Milk

Breakfast
Waffles Or
Cereal/Toast
Juice/Fruit & Milk

Wednesday, May 30

Choice of One

Corn Dog Nuggets
Manager's Choice
Sandwich Choice
Grilled Chicken Salad
Sides
Golden Corn
Manager's Choice Vegetable
Assorted Fruit Choices
Milk

Breakfast
Steak Biscuit Or
Cereal/Toast
Juice/Fruit & Milk

Thursday, May 31

Choice of One

Chicken Nuggets/Roll
Manager's Choice
Sandwich Choice
Chef Salad
Sides
Mashed Potatoes
Green Beans
Assorted Fruit Choices
Milk

Breakfast
Eggo Mini Pancakes Or
Cereal/Toast
Juice/Fruit
Milk

Friday, June 1

Choice of One

Hot Dog w/Chili
Manager's Choice
Sandwich Choice
Taco Salad
Sides
Baked French Fries
Manager's Choice Vegetable
Assorted Fruit Choices
Milk

Breakfast
Breakfast Buffet
Juice/Fruit
Milk

Monday, June 4

Choice of One

Chicken Tenders/Biscuit
Manager's Choice
Sandwich Choice
Chef Salad
Sides
Fresh Veggies w/Dip
Vegetable Choice
Assorted Fruit Choices
Milk

Breakfast
French Toast Sticks Or
Cereal/Toast
Juice/Fruit & Milk
2 Hr. Early Dismissal

Tuesday, June 5

Choice of One

Cheeseburger w/Fixings
Manager's Choice
Sandwich Choice
Chef Salad
Sides
Steamed Broccoli
Vegetable Choice
Assorted Fruit Choices
Milk

Breakfast
Chicken Biscuit Or
Cereal/Toast
Juice/Fruit & Milk
2 Hr. Early Dismissal

Wednesday, June 6

Choice of One

Assorted Pizza
Manager's Choice
Sandwich Choice
Sides
Vegetable Choice
Assorted Fruit Choices
Milk

Breakfast
Breakfast Buffet
Juice/Fruit
Milk
2 Hr. Early Dismissal

Available Daily

For Breakfast: 4 oz. yogurt, grain item, milk as a complete meal

For Lunch: Salad, fruit and milk as a complete meal

8 oz. Yogurt/Grain Item offered daily as an entrée choice

YOUR ASSIGNMENT

Have a GREAT summer! We'll see you in a few months!