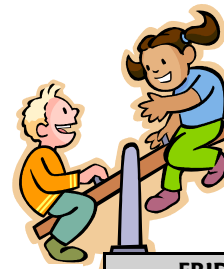


ISD 279 OSSEO AREA SCHOOLS ELEMENTARY LUNCH MENU MAY 2009



ELEMENTARY LUNCH PRICES	
Elem. Student "Paid"	\$2.00
Student "Reduced"	\$.40
Student "Free"	FREE
Student's Second Lunch	\$2.50
Preschool Visiting Child	\$2.50
Adult	\$3.10
Milk	\$.50

* May contain Pork
May contain nuts or peanut butter
Any school made item could contain any of the above, please check with Kitchen Manager at site.
Allergy Notice: Products have been made in the District Kitchens or plants where milk, eggs, soy beans, tree nuts, peanuts and other ingredients are used.

The nutrient analysis is based on the menu as written. Alternate menu choices are available daily but are not included in the weekly menu analysis.

In accordance with federal law and U. S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.
To file a complaint, write USDA, Director, Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202) 720-5964 (Voice and TDD). USDA is an equal opportunity provider and employer.

Free and Reduced Meal Applications may be picked up at any school within District 279 or the District Office.

FRIDAY, MAY 1

NUTRITION MANAGER'S CHOICE DAY

ALTERNATE: Yogurt Cup with String Cheese

MONDAY, MAY 4	TUESDAY, MAY 5	WEDNESDAY, MAY 6	THURSDAY, MAY 7	FRIDAY, MAY 8
Chicken Teriyaki Wonderbits Seasoned Brown Rice Blend California Blend Vegetables Fresh Veggie Sticks Warm School Made Corn Muffin Assorted Fruit Choices Milk Choices ALTERNATE: Hamburger on a Wheat Bun	Chicken Fajita/Soft Taco Shell Fresh Fixings of Sliced Red/Green Peppers & Onions Fiesta Seasoned Brown Rice Steamed Carrots Fresh Veggie Sticks Assorted Fruit Choices Milk Choices ALTERNATE: Breaded Chicken Patty on Fresh Wheat Bun	Spaghetti with Meat or Meatless Sauce Creamy Cole Slaw Steamed Green Peas Fresh Veggie Sticks Warm School Made French Bread Assorted Fruit Choices Milk Choices ALTERNATE: Cheese Pizza	All Beef Hot Dog on a Wheat Bun Oven Crisp Potatoes Baked Beans Fresh Veggie Sticks Assorted Fruit Choices Milk Choice ALTERNATE: Sliced Turkey on Whole Grain Bread	Toasted Cheese Sandwich Creamy Tomato Soup Steamed Mixed Vegetables Fresh Veggie Sticks Assorted Fruit Choices Milk Choices ALTERNATE: Yogurt Cup with String Cheese
MONDAY, MAY 11	TUESDAY, MAY 12	WEDNESDAY, MAY 13	THURSDAY, MAY 14	FRIDAY, MAY 15
Breaded Chicken Strips Dipping Sauces Whipped Potatoes Low Fat Gravy Steamed Mixed Vegetables School Made Wheat Dinner Roll Fresh Veggie Sticks Assorted Fruit Choices Milk Choices ALTERNATE: Hamburger on a Wheat Bun	Sloppy Joe on a Wheat Hamburger Bun Whole Kernel Corn Sliced Dill Pickles Fresh Veggie Sticks Assorted Fruit Choices Bag of Baked Chips Milk Choices ALTERNATE: Breaded Chicken Patty on Fresh Wheat Bun	Build Your Own Chicken or Beef Burrito Shredded Cheese/Tortilla Chips Salsa & Taco Sauce Fiesta Seasoned Brown Rice Black Beans Steamed Green Beans Fresh Veggie Sticks Assorted Fruit Choices Milk Choices ALTERNATE: Cheese Pizza	Italian Dunker Cheese Bread Meat or Marinara Sauce Romaine Blend Garden Salad with Choice of Low Fat Dressings Fresh Broccoli Florettes with Low Fat Ranch Dip Fresh Veggie Sticks Assorted Fruit Choices Milk Choices ALTERNATE: Sliced Turkey on Whole Grain Bread	Popcorn Chicken Dipping Sauces Steamed Green Peas Warm Bread Stick Fresh Veggie Sticks Assorted Fruit Choices Milk Choice ALTERNATE: Yogurt Cup with String Cheese
MONDAY, MAY 18	TUESDAY, MAY 19	WEDNESDAY, MAY 20	THURSDAY, MAY 21	FRIDAY, MAY 22
 "BRUNCH FOR LUNCH" ALTERNATE: Hamburger on a Wheat Bun	Hot "Turkey" Ham & Cheese on a Wheat Bun Crisp Twister Fries Steamed Carrots Fresh Veggie Sticks Assorted Fruit Choices Milk Choices ALTERNATE: Breaded Chicken Patty on Fresh Wheat Bun	Shaped Chicken Nuggets Whipped Potatoes with Low Fat Gravy Steamed Green Peas Fresh Veggie Sticks School Made Wheat Dinner Roll Assorted Fruit Choices Milk Choices ALTERNATE: Cheese Pizza	Taco Salad/Tortilla Chips Taco Sauce and Salsa Fresh Romaine Blend Greens Fiesta Seasoned Brown Rice Black Beans Whole Kernel Corn Fresh Veggie Sticks Assorted Fruit Choices Milk Choices ALTERNATE: Sliced Turkey on Whole Grain Bread	Low Fat Mini Corn Dogs Oven Crisp Waffle Fries Steamed Green Beans Fresh Veggie Sticks Low Fat Mini Muffin Assorted Fruit Choices Milk Choices ALTERNATE: Yogurt Cup with String Cheese
MONDAY, MAY 25	NO SCHOOL MEMORIAL DAY 			

WEEKLY TOTAL NUTRITIONAL	STANDARD	ACTUAL
FOOD ENERGY (CALORIES)	664	670
IRON—mg	3.47	4.69
CALCIUM—mg	286	484.77
VITAMIN A—I.U.	1119	6524
VITAMIN C—mg	15.24	29.51
PROTEIN—Grams	9.77	29.56
% CALORIES FROM FAT	<30	25.97

FOOD ENERGY (CALORIES)	664	712
IRON—mg	3.47	5.21
CALCIUM—mg	286	514.33
VITAMIN A—I.U.	1119	6271
VITAMIN C—mg	15.24	30.60
PROTEIN—Grams	9.77	34.41
% CALORIES FROM FAT	<30	24.41

FOOD ENERGY (CALORIES)	664	681
IRON—mg	3.47	5.12
CALCIUM—mg	286	457.8
VITAMIN A—I.U.	1119	4411
VITAMIN C—mg	15.24	26.59
PROTEIN—Grams	9.77	32.57
% CALORIES FROM FAT	<30	24.06

FOOD ENERGY (CALORIES)	664	692
IRON—mg	3.47	5.21
CALCIUM—mg	286	475.25
VITAMIN A—I.U.	1119	5343
VITAMIN C—mg	15.24	26.93
PROTEIN—Grams	9.77	30.26
% CALORIES FROM FAT	<30	26.95

Nutrition Manager's Choice May 26 - June 5

Menu subject to change without notice.

Sliced Bread Offered Daily

