

May



May 2009
USD#345

Menu Subject to Change

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<p>In the operation of child feeding programs no child will be discriminated against because of race, color, national origin, age or disability. If you believe you have been discriminated against write immediately to Dept. of Agriculture, Wash. DC 20250.</p>					<p>1 Tony's Pizza Seasoned Corn Tossed Salad Orange Half Milk Oatmeal Cookie Cal 733 Protn 30.9g T-Fat 24.4g Carb 101.1g Fiber 5.4g %Cal/Fat 29.9</p>
<p>4 Sloppy Joe on Bun Baked Beans Fresh Vegetables Pineapple Brownies Milk Cal 644 Protn 28.2g T-Fat 16.7g Carb 97.3g Fiber 5.4g %Cal/Fat 23.4</p>	<p>5 Chicken Nuggets Au Gratin Potatoes Broccoli Wheat Roll Apple Juice Milk Cal 646 Protn 23.5g T-Fat 23.7g Carb 85.2g Fiber 4.3g %Cal/Fat 33.0</p>	<p>6 Chili Tossed Salad Cinnamon Roll Juice Bar Milk Cal 782 Protn 27.7g T-Fat 18.3g Carb 129.7g Fiber 6.8g %Cal/Fat 21.1</p>	<p>7 BBQ Ribbette Hashbrowns Tossed Salad Baked Apples Milk Cal 681 Protn 28.5g T-Fat 21.4g Carb 94.2g Fiber 2.6g %Cal/Fat 28.3</p>	<p>8 Steak Fingers Baked Potato Peas/Carrots Whole Wheat Roll Peaches Milk Cal 710 Protn 28.8g T-Fat 23.7g Carb 96.0g Fiber 5.8g %Cal/Fat 30.0</p>	<p>Cal 733 T. Fat 24.35 G S. Fat 7.3 G Chol 42.1 Mg Sodm 1360.93 Mg Carb 101.08 G Fiber 5.4 G Prtn 30.90 G</p>
<p>11 Crispito Cheese Sauce Tator Chunk Salad Blueberry Muffin Milk Apple Wedges Cal 840 Protn 25.4g T-Fat 21.1g Carb 137.4g Fiber 5.8g %Cal/Fat 22.6</p>	<p>12 Chicken Tenders Oven Potatoes Green Beans Wheat Roll Pears Milk Cal 646 Protn 26.0g T-Fat 23.0g Carb 82.4g Fiber 5.3g %Cal/Fat 32.1</p>	<p>13 Mac & Cheese Little Smokies Mixed Veggies Milk Fresh Vegetables Cal 651 Protn 25.0g T-Fat 24.0g Carb 82.2g Fiber 3.9g %Cal/Fat 33.1</p>	<p>14 Manager's Choice</p>	<p>15 Manager's Choice</p>	
<p>18 Manager's Choice</p>	<p>19 Manager's Choice</p>	<p>20 Manager's Choice</p>	<p>21 Last Day of School For SECONDARY Breakfast Only Today</p>	<p>22 Last Day of School for ELEMENTARY No Meals Served Today</p>	
<p>25 26 27 28 29 No Charge Meal Guideline/Child Nutrition Benefits Every attempt will be made to notify students that their account balance is getting low. Once they are out of money, they will be unable to eat a school meal; students may bring money to place in their accounts or a sack lunch. Meals are to be paid at least one week in advance, but payment for a longer period of time will be accepted. Child nutrition benefits may be applied for at any time during the school year. Please call 575-8650 for more information.</p>					
<p>May = 14 Days Elementary @ 2.10 = \$29.40 Secondary @ 2.35 = \$32.90 Reduced @ .40 = \$5.60 Adult OR Second Meal = \$2.85 each Checks payable to Seaman Food Service</p>		<p>Lunch Balances will be carried over to August 2009. Please keep your student's lunch account positive.</p>	<p>The unlawful manufacture, distribution, dispensing, possession or use of a controlled substance is prohibited in Seaman USD#345. Violators will be prosecuted.</p>		