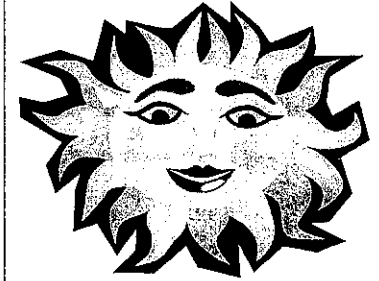




June 2009
School Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p align="center">Munch Lunch Baked Chicken Nuggets Baked Mozzarella Cheese Sticks, Potato Puffs, Buttered Carrots, Fresh Apples</p>	<p>2</p> <p align="center">Gilardi Twisted Edge Cheese Pizza with Whole Grain Crust and Low-Fat Cheese, Green Beans, Brown Rice Fresh Apples</p>	<p>3</p> <p align="center">Crispy Chicken Wrap with Lettuce-Tomato-Pickles, Baked Smile Fries, Three Bean Salad, Chilled Fruit Cocktail</p>	<p>4</p> <p align="center">Spaghetti and Meat Sauce Bread Sticks, Polly-o String Cheese, Tossed Salad with Low-fat Salad Dressings, Chilled Apricots</p>	<p>5</p> <p align="center">Baked Chicken Tenders Mashed Potatoes and Gravy, Steamed Corn, Chilled Peaches, Jell-O</p>
<p>8</p> <p align="center">Baked Popcorn Chicken Dipping Sauce Baked Tater Tots, Garden Salad with Low-fat Salad Dressings, Fresh Orange Wedges</p>	<p>9</p> <p align="center">Breakfast for Lunch Baked French Toast Sticks with Turkey Bacon, Baked Hash Browns, GoGurt Yogurt, Orange Juice</p>	<p>10</p> <p align="center">Beef Taco <i>(lettuce, tomato, shredded cheese)</i> Rice, Corn, Chilled Pears, Apple Churros</p>	<p>11</p> <p align="center">Teriyaki Chicken Steamed Rice, Green Beans, Fortune Cookie, Chilled Mandarin Oranges</p>	<p>12</p> <p align="center">Crispy Chicken Wrap with Lettuce & Tomato Potato Puffs, Garden Salad with Low-fat Dressings, Fresh Orange Wedges</p>
<p>15</p> <p align="center">Stick Lunch! Baked Chicken Sticks Polly-o String Cheese Sticks, Bread Sticks Fresh Celery Sticks, Fruit Juice Popsicles</p>	<p>16</p> <p align="center">Hamburger or Hot Dog on a Bun with Lettuce-Tomato-Pickles, Chips, Tossed Salad, Watermelon</p>	<p>17</p> <p align="center">5" Round Personal Cheese Pizza, Potato Puffs Fresh Vegetables with Low-Fat Dip, Chilled Pears</p>	<p>18</p> <p align="center">Spaghetti and Meat Sauce Bread Sticks, Baked Mozzarella Sticks, Carrots, Chilled Apricots</p>	<p>19</p> <p align="center">Chicken Patty on a Bun, Macaroni Salad, Fresh Vegetables with Low Fat Dip, Fresh Fruits, Baked Chips</p>
<p>22</p> <p align="center">Crispy Chicken Wrap with Lettuce-Tomato-Pickles, Sweet Corn, Potato Wedges, Chilled Fruit Cocktail</p>	<p>23</p> <p align="center">Spaghetti and Meatballs Bread Sticks, Tossed Salad with Low-fat Salad Dressings, Orange Juice</p>	<p>24</p> <p align="center">Cheese Pizza Tossed Salad or Mixed Vegetable, Fresh Fruit, Chilled Pears, Ice Cream Cups</p>	<p>25</p> <p align="center">No Lunch ½ Day Last Day of School Have a Fun Safe Summer</p>	<p>26</p>
<p>29</p> <p>The menu can be viewed online at: www.longmeadow.org/schools/lunch.html</p>	<p>30</p> <p align="center">Vacation</p>	<p align="center">Summer</p>	<p align="center">Vacation</p>	