







# 7th & 8th Grade Lunch Menu



May-June 2010


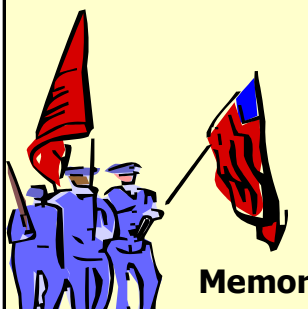
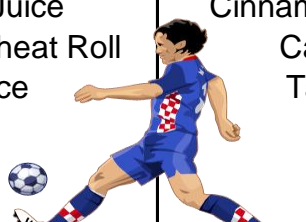

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		May 3, 2010	May 4, 2010	May 5, 2010	May 6, 2010	May 7, 2010
W E E K	M E N U	<b>Nacho Combo Chili</b> Fresh Baby Carrots Fresh Apple Fat-Free Ranch Dressing 	<b>Sloppy Joe on a Bun</b> Corn Cinnamon Applesauce Gingersnap Cookie 	<b>Grilled Cheese Sandwich+</b> Tossed Salad 100% Fruit Juice Snickerdoodle Cookie French Dressing Milk	<b>Salisbury Steak with Gravy</b> Whipped Potatoes Fresh Fruit 100% Whole-Grain White Roll Chocolate Goldfish Grahams Milk	<b>Breaded Chicken Sandwich</b> Country Vegetable Blend 100% Fruit Juice Peach Bread BBQ Sauce Milk
		<b>Mini Corn Dogs</b> Diced Carrots Pears Oatmeal Raisin Cookie Ketchup Milk 	<b>Pasta with Meat Sauce</b> Garlic Bread 100% Fruit Juice Vanilla Physedibles Milk	<b>Crispy Chicken Wrap with Lettuce, Tomato &amp; Cheese</b> Fresh Apple Zucchini Bread Fat-Free Ranch Dressing Milk 	<b>Hamburger on a Bun</b> Tater Tots Wild Watermelon Applesauce Lemon Cookie Ketchup Milk	<b>Macaroni &amp; Cheese+</b> Hearty Wheat Breadstick Fresh Fruit 100% Fruit Juice Trail Mix Milk
		<b>Pancakes</b> Sausage Links* Pineapple Cup Strawberry Physedibles 100% Fruit Juice Syrup Milk 	<b>Ultragrain Stuffed Crust Cheese Pizza+</b> Fresh Baby Carrots Cinnamon Applesauce Peach Bread Fat-Free Ranch Dressing Milk	<b>Chicken Sticks</b> Cheesy Potatoes Fresh Fruit 100% Whole-Grain White Roll BBQ Sauce Milk	<b>Taco Boat</b> Taco Salad 100% Fruit Juice Sunshine Cake Taco Sauce Milk	<b>Spaghetti with Meatballs</b> Garlic Bread Fresh Apple Homemade Granola Bar Milk 

## Free Food!

Free meals are available from the end of the school year through August 2010 for children and teens up to 18 years of age. To find out more, visit [www.gr8food4summer.com](http://www.gr8food4summer.com) or call 773.385.5111 after June 1.

## With Appreciation

Thank you for being our customer. We look forward to serving you next year.


		May 24, 2010	May 25, 2010	May 26, 2010	May 27, 2010	May 28, 2010
W E E K	M E N U	<b>Chicken Tenders</b> Diced Carrots Pears 100% Whole Wheat Roll BBQ Sauce Milk 	<b>Hot Dog on a Bun</b> French Fries Fresh Apple Oatmeal Raisin Cookie Ketchup Mustard Milk	<b>Macaroni &amp; Cheese+</b> Hearty Wheat Breadstick Strawberry Applesauce 100% Fruit Juice Trail Mix Milk	<b>Pasta with Meat Sauce</b> Garlic Bread 100% Fruit Juice Strawberry Whole-Grain Crackers Milk	<b>Wheat Pizza Pita</b> Tossed Salad Fresh Fruit Chocolate Cake Fat-Free French Dressing Milk
		 <b>Memorial Day</b>	<b>Max Pizza Sticks with Zesty Marinara+</b> Fresh Fruit Chocolate Brownie Milk	<b>Beef Nibblers</b> Peas 100% Fruit Juice 100% Whole Wheat Roll BBQ Sauce Milk 	<b>Soft Shell Tacos</b> Taco Salad Cinnamon Applesauce Carrot Bread Taco Sauce Milk 	<b>Grilled Chicken Sandwich</b> Garden Vegetables Fresh Apple Honey Graham Crackers BBQ Sauce Milk

## Have a safe and fun-filled summer!

### Nutrition Questions:

If you have nutrition-related questions, contact our Nutri-Line at 773.385.6020 or [nutritioninfo@ceresfood.com](mailto:nutritioninfo@ceresfood.com). Visit [www.ceresfood.com](http://www.ceresfood.com) for allergen information.

### Fun Fact:

When you see  , it means the produce was grown in Michigan and states that border Illinois. This month, our featured picks are corn served on May 4, plus apples and diced carrots.

Meals Served with Milk

Milk Provided By Ceres Contains No Growth Hormones or Antibiotics