



East Penn School District

SHOEMAKER Elementary May 2012



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www.gotoiNutrition.com

Menu subject to change	Mon	Tue	Wed	Thu	Fri	
<p><u>Breakfast Prices</u></p> <p>\$1.10 Paid</p> <p>\$.30 Reduced</p> <p><u>Lunch Prices</u></p> <p>\$1.90 Paid</p> <p>\$2.25 Dominos Paid</p> <p>\$.40 Reduced</p>	<p>May is A Healthier You month. To celebrate we are offering low sugar and whole grain cereal only at breakfast.</p>	<p style="text-align: center;"><u>1</u></p> <p style="text-align: center;">PULLED BBQ ON A WHEAT BUN THREE BEAN SALAD FRUITED GELATIN 1/2 PINT MILK</p>	<p style="text-align: center;"><u>2</u></p> <p style="text-align: center;">HORNET HOAGIE (HAM, SALAMI, BOLOGNA & CHEESE on a SEEDED roll) CORN NIBLETS PEACH CUP 1/2 PINT MILK</p>	<p style="text-align: center;"><u>3</u></p> <p style="text-align: center;">MACARONI AND CHEESE STEWED TOMATOES APPLESAUCE 1/2 PINT MILK</p>	<p style="text-align: center;"><u>4</u></p> <p style="text-align: center;">PIZZA CARROTS PINEAPPLE 1/2 PINT MILK</p>	<p><u>ALA CARTE OPTIONS:</u></p> <p><i>Mondays:</i></p> <p>Nutri-Grain Bars \$.75</p> <p><i>Tuesdays:</i></p> <p>W/G Jungle Cracker \$.50</p> <p><i>Wednesdays:</i></p> <p>4 oz Yogurt \$.75</p> <p><i>Thursdays:</i></p> <p>Fruit Snacks \$.50</p> <p><i>Fridays:</i></p> <p>Cheez Its \$1.00</p>
<p><u>Breakfast Menu:</u></p> <p>T/W/Th- Hot May Include: french toast sticks, waffles, pancakes, pizza, sausage pancake on a stick, variety of sandwiches</p> <p>M/ F- Cold May Include: LOW SUGAR/ WHOLE GRAIN cereal variety, toast, muffins, whole wheat rolls, whole grain bars</p> <p>Fruit and Milk are included daily</p>	<p style="text-align: center;"><u>7</u></p> <p style="text-align: center;">MEATBALL SUB (meatballs with marinara and mozz cheese on a roll) FRESH BROCCOLI CRISP PEARS 1/2 PINT MILK</p>	<p style="text-align: center;"><u>8</u></p> <p style="text-align: center;">HAM & CHEESE STROMBOLI (HAM, CHEESE, SAUCE ON A FLAT BREAD) GREEN BEANS MANDARIN ORANGES 1/2 PINT MILK</p>	<p style="text-align: center;"><u>9</u></p> <p style="text-align: center;">BAKED RIGATONI (PASTA, SAUCE, CHEESE, GROUND BEEF) TOSS SALAD BANANA 1/2 PINT MILK</p>	<p style="text-align: center;"><u>10 NO ALTERNATE</u></p> <p style="text-align: center;">SLICED TURKEY w/GRAVY WHEAT DINNER ROLL MASHED POTATOES HOT APPLE SLICES 1/2 PINT MILK</p>	<p style="text-align: center;"><u>11</u></p> <p style="text-align: center;">WHOLE GRAIN CHICKEN PATTY ON A WHEAT BUN FRESH VEGETABLES ASSORTED FRESH FRUIT 1/2 PINT MILK</p>	<p><i>Daily milk offering</i></p> <p>FAT FREE Chocolate, FAT FREE Strawberry, 1% White and Skim</p>
	<p style="text-align: center;"><u>14</u></p> <p style="text-align: center;">BEEF SLIDERS BAKED POTATO ROUNDS PEACH CUP 1/2 PINT MILK</p>	<p style="text-align: center;"><u>15 NO ALTERNATE</u></p> <p style="text-align: center;">DOMINO PIZZA SLICE TOSS SALAD CHERRY CRISP 1/2 PINT MILK</p>	<p style="text-align: center;"><u>16 NO ALTERNATE</u></p> <p style="text-align: center;">TURKEY AND CHEESE HOAGIE ON SEEDED ROLL CORN NIBLETS APPLESAUCE 1/2 PINT MILK</p>	<p style="text-align: center;"><u>17 NO ALTERNATE</u></p> <p style="text-align: center;">NACHO CHIPS W/ SEASONED GROUND BEEF (TOPPING: CHEESE, LETTUCE, SALSA) FRESH CARROTS MIXED FRUIT 1/2 PINT MILK</p>	<p style="text-align: center;"><u>18</u></p> <p style="text-align: center;">HOT DOG ON A BUN BAKED BEANS PINEAPPLE 1/2 PINT MILK</p>	<p><u>Alternate Lunch Choice</u></p> <p>3RD/4TH/5TH GRADE ONLY</p> <p>T: SALAD BAR W: SALAD BAR Th: SALAD BAR</p>
	<p style="text-align: center;"><u>21</u></p> <p style="text-align: center;">SALISBURY STEAK W/ GRAVY WHOLE WHEAT SLICE SCALLOPED POTATOES CRISP PEARS 1/2 PINT MILK Grade 5 Grill out Menu</p>	<p style="text-align: center;"><u>22</u></p> <p style="text-align: center;">CHICKEN BURRITO (CHICKEN, CHEESE, RE-FRIED BEANS WRAPPED IN A TORTILLA) FRESH VEGETABLES ASSORTED FRESH FRUIT 1/2 PINT MILK</p>	<p style="text-align: center;"><u>23</u></p> <p style="text-align: center;">HAM AND CHEESE ON A CLUB ROLL ROASTED GARBANZO BEANS HOT APPLE SLICES 1/2 PINT MILK Grade 3 Grill out Menu</p>	<p style="text-align: center;"><u>24</u></p> <p style="text-align: center;">SPAGHETTI & MEATBALLS SLICED WHEAT BREAD TOSS SALAD MANDARIN ORANGE CUP 1/2 PINT MILK</p>	<p style="text-align: center;"><u>25</u></p> <p style="text-align: center;">PIZZA STICKS W/ MARINARA DIPPING SAUCE FRESH CARROTS ASSORTED FRESH FRUIT 1/2 PINT MILK</p>	<p>We may offer a sunbutter and jelly sandwich on occasion. These sandwiches contain NO peanut/tree nut products</p>
	<p style="text-align: center;"><u>28</u></p> <p style="text-align: center;">NO SCHOOL</p> <p>Bottled water is available daily 8 oz \$.50</p>	<p style="text-align: center;"><u>29</u></p> <p style="text-align: center;">CRISP FISH STICKS CORN NIBLETS PEACH CUP 1/2 PINT MILK</p>	<p style="text-align: center;"><u>30</u></p> <p style="text-align: center;">CHICKEN CORDON BLEU ON A WHEAT BUN (CHICKEN, HAM SLICE, CHEESE) GARDEN PEAS FRUITED CAKE 1/2 PINT MILK</p>	<p style="text-align: center;"><u>31</u></p> <p style="text-align: center;">CHICKEN STRIPS WHEAT SLICE BREAD FRESH CARROTS APPLESAUCE 1/2 PINT MILK</p>		<p><u>Grill out Menu:</u></p> <p>Hamburger/ Cheeseburger Pasta salad/Carrots Fruit & Milk</p>