


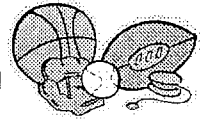






MAY 2008
ELEMENTARY LUNCH MENU
 FWCS Nutrition Services

Monday	Tuesday	Wednesday	Thursday	Friday
 ACES DAY is May 7th All Children Exercising Simultaneously			1	2
			Chicken Corn Dog Potato Wedges Fresh Pear Half Apple Muffin Milk 801kcal 23gfat 128gcarbhyd	Ham on a Bun^ Baby Carrots Chilled Peaches Toffee Bar Milk 623kcal 19gfat 90gcarbhyd
5	6	7	8	9
Chicken Quesadilla Salsa Fresh Grapes Blueberry Muffin Milk 709kcal 22gfat 99gcarbhyd	Smucker's PB & J Cucumber Coins Fresh Kiwi Applesauce Cake Milk 663kcal 26gfat 89gcarbhyd	ACES DAY Grilled Cheese Sandwich Fresh Celery w/ Peanut Butter Raisins Goldfish PhysEdibles Milk 882kcal 29gfat 124gcarbhyd 	Italian Spaghetti Whole Wheat Roll Garden Salad Spiced Apples Milk 613kcal 21gfat 84gcarbhyd	FIELD DAY FAMILY PICNIC 11:30
12	13	14	15	16
Beef Rib Sandwich Grape Tomatoes Mandarin Oranges Strawberry Muffin Milk 649kcal 18gfat 96gcarbhyd	Macaroni & Cheese Steamed Broccoli Crispy Green Apple Pineapple Cake Milk 665kcal 18gfat 100gcarbhyd	Pizzas^ Green Beans Banana Chocolate Pudding Milk 686kcal 24gfat 91gcarbhyd	Mexican Cheese Sauce Breadsticks Baby Carrots Tropical Treasures Oatmeal Cookie 645kcal 18gfat 105gcarbhyd	Chicken Dippers Ranch Pasta Salad Fruited Jello Apple Gingerbread Milk 796kcal 23gfat 115gcarbhyd
19	20	21	22	23
Hot Dog & Bun^ Tator Tots Fresh Orange Half Graham Crackers Milk 712kcal 30gfat 88gcarbhyd	Cheese Pizza Fresh Celery w/ Peanut Butter Raisins Molasses Cookie Milk 775kcal 26gfat 112gcarbhyd	Cheese-A-Dia Salsa Applesauce Banana Bread Milk 668kcal 19gfat 99gcarbhyd 	Mini Beef Ravioli & Sauce Whole Wheat Roll Coleslaw Fresh Pear Half Milk 602kcal 16gfat 96gcarbhyd	Chicken Tenders Potato Salad Chilled Peaches Cherry Cake Milk 753kcal 26gfat 103gcarbhyd
26	27	28	29	30
HOLIDAY 	Turkey Ham & Cheese Melt Baby Carrots Fruit Cocktail Peach Coffeecake Milk 730kcal 21gfat 108gcarbhyd	Smucker's PB & J Cucumber Coins Fresh Grapes Spice Muffin Milk 671kcal 25gfat 95gcarbhyd	Turkey on a Bun Fresh Broccoli Fresh Strawberries Snapperdoodle Cookie Milk 608kcal 18gfat 83gcarbhyd	LAST DAY OF SCHOOL 11:00 DISMISSAL
		May is National Physical Fitness & Sports Month 		

Menu Key: ^Pork in Product

Menus subject to change without notice

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