



HEMPSTEAD FOOD SERVICE

ELEMENTARY LUNCH MENU

MAY 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>AVAILABLE DAILY AS A FRUIT CHOICE ALTERNATIVE: 4oz APPLE JUICE, OR 4oz. ORANGE JUICE</p>		<p><u>MILK CHOICES</u> <u>AVAILABLE DAILY</u> WHITE CHOICES – SKIM - 1% - LOW FAT CHOCOLATE \$.50 A LA CARTE MILK</p>		
3	4	5	6	7
<p>OVEN BAKED CHICKEN NUGGETS DINNER ROLL TATER TOTS FRUIT COCKTAIL LOW FAT MILK CHOICE</p>	<p>JAMAICAN BEEF PATTY GREEN BEANS PINEAPPLE TIDBITS LOW FAT MILK CHOICE</p>	<p>CHICKEN PARMIGIANA STEAMED VEGETABLES GARLIC BREAD APPLESAUCE LOW FAT MILK CHOICE</p>	<p>SALISBURY STEAK DINNER ROLL MASHED POTATOES CHILLED PEACHES LOW FAT MILK CHOICE</p>	<p>PEPPERONI PERSONAL PIZZA TOSSED SALAD NAVAL ORANGE LOW FAT MILK CHOICE</p>
10	11	12	13	14
<p>OVEN BAKED CHICKEN TENDERS FLAVORED NOODLES OVEN FRIES CHILLED FRUIT LOW FAT MILK CHOICE</p>	<p>BRUNCH FOR LUNCH FRENCH TOAST STICKS SAUSAGE PATTY HASH BROWNS APPLESAUCE LOW FAT MILK CHOICE</p>	<p>CHICKEN PATTY ON A SOFT BUN GREEN BEANS PEAR SLICES LOW FAT MILK CHOICE</p>	<p>CHEESEBURGER ON A BUN SWEET CORN NIBLETS PINEAPPLE TIDBITS LOW FAT MILK CHOICE</p>	<p>PEPPERONI PERSONAL PIZZA TOSSED SALAD CHILLED PEACHES LOW FAT MILK CHOICE</p>
17	18	19	20	21
<p>OVEN BAKED POPCORN CHICKEN SEASONED RICE POTATO WEDGES FRUIT COCKTAIL LOW FAT MILK CHOICE</p>	<p>TACO W/LETTUCE, TOMATO & CHEESE FIESTA RICE CHILLED FRUIT LOW FAT MILK CHOICE</p>	<p>WHOLE GRAIN FISH STICKS CARROT STICKS PINEAPPLE TIDBITS LOW FAT MILK CHOICE</p>	<p>BAKED ROTINI PASTA W/MEATSAUCE STRING BEANS PEAR SLICES LOW FAT MILK CHOICE</p>	<p>PEPPERONI PERSONAL PIZZA TOSSED SALAD FRESH APPLE LOW FAT MILK CHOICE</p>
24	25	26	27	28
<p>OVEN BAKED CHICKEN RINGS DINNER ROLL POTATO WEDGES APPLESAUCE LOW FAT MILK CHOICE</p>	<p>JAMAICAN BEEF PATTY GREEN BEANS PINEAPPLE TIDBITS LOW FAT MILK CHOICE</p>	<p>CHICKEN PATTY ON A SOFT BUN SWEET CORN NIBLETS CHILLED PEACHES LOW FAT MILK CHOICE</p>	<p>MEATBALL HERO FIELD OF GREENS FRUIT COCKTAIL LOW FAT MILK CHOICE</p>	<p>PEPPERONI PERSONAL PIZZA TOSSED SALAD FRESH PEAR LOW FAT MILK CHOICE</p>

<u>MONDAY ENTRÉE</u> <u>ALTERNATES</u>	<u>TUESDAY ENTRÉE</u> <u>ALTERNATES</u>	<u>WEDNESDAY ENTRÉE</u> <u>ALTERNATES</u>	<u>THURSDAY ENTRÉE</u> <u>ALTERNATES</u>	<u>FRIDAY ENTRÉE</u> <u>ALTERNATES</u>
CHEESE ON A BAGEL	HAM & CHEESE SANDWICH	TURKEY & CHEESE SANDWICH	BOLOGNA SANDWICH	TUNA SALAD SANDWICH
W/ VEG. & FRUIT OF THE DAY & MILK CHOICE	W/ VEG. & FRUIT OF THE DAY & MILK CHOICE	W/ VEG. & FRUIT OF THE DAY & MILK CHOICE	W/ VEG. & FRUIT OF THE DAY & MILK CHOICE	W/ VEG. & FRUIT OF THE DAY & MILK CHOICE

ELEMENTARY LUNCH PRICES:
\$0.25 Reduced Price
\$1.35 Full Price

****Menu Subject to Change****