

MENUS FOR MAY 2012

Marion County Elementary Schools

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Tuesday, May 1

Daily Breakfast Special

Apple Strudel
Cereal w/Cheese Stick
Super Donut

LUNCH

Entree - Please Select One

Rockin Ravioli
Breadsticks
Turkey & Cheese on a Bun

Sides - Please Select Two

Garden Side Salad
Steamed Broccoli
100% Fruit Juice

Wednesday, May 2

Daily Breakfast Special

Snack N Waffles
Cereal w/Cheese Stick
Super Donut

LUNCH

Grab-N-Go Bagged Lunch

Manager's Choice
Fresh Deli Shop Wrap
w/Baked Chips

Early
Release
Day

SNACK WELL?

Snack foods are loaded with empty calories from solid fats and added sugar. Sad thing is, a third of all of our daily calories, on average, come from candy, chips, soda, pastries, and other junky snack foods. Luckily, there's a cure for this condition: can you say fresh fruit?



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Thursday, May 3

Daily Breakfast Special

Sunrise Burrito
Cereal w/Cheese Stick
Super Donut

LUNCH

Entree - Please Select One

Mashed Potato Bowl
Whole Wheat Roll
Chef Salad

Sides - Please Select Two

5 Blend Vegetables
Pears
Fresh Assorted Fruit

Friday, May 4

Daily Breakfast Special

Chicken Biscuit
Cereal w/Cheese Stick
Super Donut

LUNCH

Entree - Please Select One

Bean Burrito
Cheeseburger

Sides - Please Select Two

Corn
100% Fruit Juice
Fresh Assorted Fruit

Extra
Pickles

Cinco de Mayo

Monday, May 7

Daily Breakfast Special

Breakfast Pizza
Cereal w/Cheese Stick
Super Donut

LUNCH

Entree - Please Select One

Cheesy Garlic Flatbread
Rib-B-Que

Sides - Please Select Two

Green Beans
Peach Cup
Fresh Assorted Fruit

Tuesday, May 8

Daily Breakfast Special

Snack N Waffles
Cereal w/Cheese Stick
Super Donut

LUNCH

Entree - Please Select One

Mac & Cheese w/Ham
Chicken Tenders

Sides - Please Select Two

California Blend
Whole Wheat Roll
Mixed Fruit Cup
Fresh Assorted Fruit

Wednesday, May 9

Daily Breakfast Special

Sausage Biscuit
Cereal w/Cheese Stick
Super Donut

LUNCH

Entree - Please Select One

Chicken Sandwich
Yogurt Cheese
& Fruit Plate

Sides - Please Select Two

5 Way Blend Vegetables
Diced Pears
Fresh Assorted Fruit

Thursday, May 10

Daily Breakfast Special

Egg, Ham & Cheese Taco
Cereal w/Cheese Stick
Super Donut

LUNCH

Entree - Please Select One

Chicken Quesadilla
Ultra Dog

Sides - Please Select Two

Tater Tots
Baby Carrots w/Dip
Pineapple Tidbits

Friday, May 11

Daily Breakfast Special

Cinnamon French Toast
Cereal w/Cheese Stick
Super Donut

LUNCH

Entree - Please Select One

Stuffed Crust Pizza
Fish & Star Nuggets

Sides - Please Select Two

Corn
Rosy Applesauce
Fresh Assorted Fruit



MOTHER'S DAY
MAY 13, 2012

FATHER'S DAY
JUNE 17, 2012

Monday, May 14

Daily Breakfast Special

Breakfast Bun
Cereal w/Cheese Stick
Super Donut

LUNCH

Entree - Please Select One

Tortellini Pasta & Marinara
w/Melted Mozzarella **NEW!**
Breadsticks
Cheeseburger

Sides - Please Select Two

Steamed Broccoli
Peach Cup
Fresh Assorted Fruit

Extra
Pickles

Tuesday, May 15

Daily Breakfast Special

Pancake Stick
Cereal w/Cheese Stick
Super Donut

LUNCH

Entree - Please Select One

Chicken & Yellow Rice
Whole Wheat Roll
Italian Sub

Sides - Please Select Two

5 Blend Vegetables
Mandarin Oranges
Fresh Assorted Fruit

Wednesday, May 16

Daily Breakfast Special

Cheese Omelet & Biscuit
Cereal w/Cheese Stick
Super Donut

LUNCH

Entree - Please Select One

Texas BBQ Pork Sandwich
Popcorn Chicken
Whole Wheat Roll

Sides - Please Select Two

Green Beans
Garden Side Salad
Pineapples

Thursday, May 17

Daily Breakfast Special

Sunrise Burrito
Cereal w/Cheese Stick
Super Donut

**The Lunch Items
for today will be
chosen from among
your favorites by
our nutrition staff.
Selections may
vary by school.**

ENJOY!

Friday, May 18

Daily Breakfast Special

Chicken Biscuit
Cereal w/Cheese Stick
Super Donut

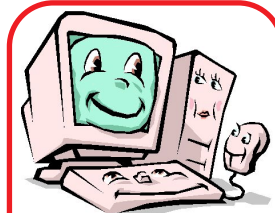
LUNCH

Entree - Please Select One

Pepperoni Pizza
Cuban Sandwich

Sides - Please Select Two

Sweet Peas
Rosy Applesauce
100% Fruit Juice



PARENTS:

For your convenience and peace of mind, you can pay for meals online at mymariontsdir.marion.k12.fl.us/Parent or call 352-671-4194 for more information.

Available Daily

Breakfast: Choice of Daily Special (listed on each day's menu) or assorted reduced-sugar cereal, **PLUS** low-fat cheese snacks, fresh or canned fruit, assorted 100% fruit juices, and low-fat or skim milk.

Lunch: Choice of two entrees (listed on each day's menu) **PLUS** choice of 2 side items, an "Extra" when offered **AND** low-fat or skim milk. We also offer PB&J Uncrustables as a daily lunch choice at all locations.

Nutrition Information:

In Marion County, we're serious about good nutrition – our full-time Registered Dietitian plans all of our menus! An asterisk (*) on the menu indicates a Turkey item. All cheese products and milk choices are reduced-fat or fat-free.

Breakfast
Complimentary for all Students
Lunch

\$1.60 Elementary Student Lunch
\$2.75 Adult Lunch

We provide free and reduced-price lunches (\$1.40) for eligible students. Please call your school for details.



Monday, May 21

Daily Breakfast Special
Mini Pancakes
Cereal w/Cheese Stick
Super Donut

LUNCH
Entree – Please Select One
Chicken Nuggets
Whole Wheat Dinner Roll
Grilled Cheese Sandwich

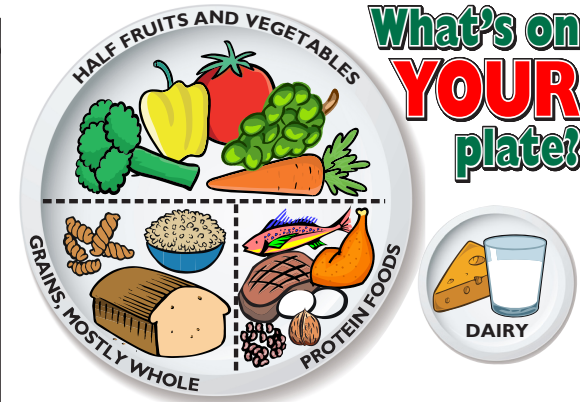
Sides – Please Select Two
Potato Stars
Mixed Fruit Cup
100% Fruit Juice

Tuesday, May 22

Daily Breakfast Special
Apple Strudel
Cereal w/Cheese Stick
Super Donut

LUNCH
Entree – Please Select One
Spaghetti w/Meat Sauce
Breadsticks
Ham & Cheese Sub

Sides – Please Select Two
Green Beans
Pears
Fresh Assorted Fruit



Berry Brush

Wednesday, May 23

Daily Breakfast Special
Sausage Biscuit
Cereal w/Cheese Stick
Super Donut

LUNCH
Entree – Please Select One
Cheeseburger
Chicken Sandwich

Sides – Please Select Two
French Fries
Garden Side Salad
Peach Cup
Extra
Pickles

Thursday, May 24

Daily Breakfast Special
Sunrise Burrito
Cereal w/Cheese Stick
Super Donut

LUNCH
Entree – Please Select One
Pepperoni Pizza
Corn Dog

Sides – Please Select Two
Corn
Rosy Applesauce
100% Juice

Friday, May 25



No School Today

Monday, May 28

MEMORIAL DAY
"... we take increased devotion to that cause for which they gave the last full measure of devotion. . . that government of the people, by the people, for the people, shall not perish from the earth."
- Abraham Lincoln

NO SCHOOL TODAY

Tuesday, May 29

Daily Breakfast Special
Cheese Omelet & Biscuit
Cereal w/Cheese Stick
Super Donut

LUNCH
Entree – Please Select One
Chicken Fajitas
Ham & Cheese Sub

Sides – Please Select Two
Oriental Veggies
100% Juice
Fresh Assorted Fruit

Strawberries don't only belong on your plate -- they make great toothpaste, too, especially for whitening teeth and removing stains. The seeds in strawberries act as a mild abrasive, and strawberries also contain a chemical called malic acid that removes stains. Want to try? Just mash a strawberry with a little baking soda and then brush the mixture on. Let the berry goo sit on your teeth



for five minutes or so, and then brush normally. "Berry Brush" once a week for bright and shiny teeth! Tastes good, too!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Wednesday, May 30

Snack N Waffles
Cereal w/Cheese Stick
Super Donut

LUNCH
Entree – Please Select One
Chicken Parmesan Sandwich
Teriyaki Dippers
Whole Wheat Dinner Roll

Sides – Please Select Two
Garden Side Salad
Diced Pears
Fresh Assorted Fruit

Thursday, May 31

Daily Breakfast Special
Egg, Ham & Cheese Taco
Cereal w/Cheese Stick
Super Donut

LUNCH
Entree – Please Select One
Chicken Quesadilla
Cuban Sandwich

Sides – Please Select Two
Green Beans
100% Fruit Juice
Peach Cup

Friday, June 1

Daily Breakfast Special
Chicken Biscuit
Cereal w/Cheese Stick
Super Donut

LUNCH
Entree – Please Select One
Cheesy Garlic Flatbread
Rib-B-Que

Sides – Please Select Two
Steamed Broccoli
Pineapples
Fresh Assorted Fruit

Lunches for June 4th through June 6th will be a Grab-N-Go Bagged Lunch: Manager's Choice Fresh Deli Shop Wrap w/Baked Chips. Selections may vary by school. ENJOY!

School Meals
We serve education every day™

YOUR ASSIGNMENT

Have a GREAT summer! We'll see you in a few months!

