

# June 2009



<p><b>MONDAY</b> <span style="float: right;">1</span></p> <p>Hot or Assorted Cold Cereal, Toast, Fruit &amp; 100% Fruit Juice</p> <p>A) Chicken Drumsticks B) Veggie Burger w/w/o Am. Cheese on a Multigrain Bun C) Yogurt &amp; Muffin Munchable</p> <p>Hot Corn Niblets Garden Salad Baby Carrots Sliced WA Apples → Cinnamon Bug Bites</p>	<p><b>TUESDAY</b> <span style="float: right;">2</span></p> <p>Egg &amp; Cheese Muffin, Toast, Fruit &amp; 100% Fruit Juice</p> <p>A) Beef Teriyaki Dippers B) Bean &amp; Cheese Burrito w/w/o Salsa C) Yogurt &amp; Muffin Munchable</p> <p>Steamed Brown Rice Garden Salad Sugar Snap Peas Juicy Orange Wedges Pudding Cup</p>	<p><b>WEDNESDAY</b> <span style="float: right;">3</span></p> <p>Belgian Waffle w/w/o Syrup, Beef Sausage, Toast, Fruit &amp; 100% Fruit Juice</p> <p>A) Crispy Chicken &amp; Cheddar Wrap w/w/o Ranch B) Whole Grain Cheese Pizza</p> <p>Garden Salad Carrot Coins Kool Kiwi Fruit 100% Fruit Juice</p>	<p><b>THURSDAY</b> <span style="float: right;">4</span></p> <p>Whole Grain Cinnamon Roll, Toast, Fruit &amp; 100% Fruit Juice</p> <p><b>South Pacific Ethnic Entree</b></p> <p>A) Hawaiian Luau Chicken B) Vegetable Egg Roll w/w/o Sweet &amp; Sour Sauce</p> <p>Coconut Curry Rice Garden Salad Cucumber Coins Petite Banana</p>	<p><b>FRIDAY</b> <span style="float: right;">5</span></p> <p>Cheddar Cheese Omelet, Toast, Fruit &amp; 100% Fruit Juice</p> <p>A) Breaded Chicken Burger on a Multigrain Bun B) Vegetarian Chili w/w/o Cheddar Cheese, Corn Tortilla Chips</p> <p>Garden Salad Baby Carrots Chilled Applesauce → Seasonal Fresh Fruit</p>
<p><b>MONDAY</b> <span style="float: right;">8</span></p> <p>Hot or Assorted Cold Cereal, Toast, Fruit &amp; 100% Fruit Juice</p> <p>A) Turkey Ham &amp; Cheese Melt on a Multigrain Bun B) Breaded Fish Nuggets →</p> <p>Seasoned Oven Potatoes Garden Salad Baby Carrots WA Apple →</p>	<p><b>TUESDAY</b> <span style="float: right;">9</span></p> <p>Grilled French Toast Sticks w/w/o Syrup, Toast, Fruit &amp; 100% Fruit Juice</p> <p>A) Chicken Hot Dog B) Mozzarella Cheese Breadstick's w/w/o Marinara Dipping Sauce</p> <p>Hot Corn Niblets Garden Salad Broccoli Florets Seedless Grapes Cinnamon Elf Grahams</p>	<p><b>WEDNESDAY</b> <span style="float: right;">10</span></p> <p>Egg, Turkey Ham &amp; Cheese Bake, Toast, Fruit &amp; 100% Fruit Juice</p> <p>A) Hamburger w/w/o Am. Cheese on a Multigrain Bun B) Italian Hot Pocket</p> <p>Coleslaw w/ Purple Cabbage Carrot Coins Kool Kiwi Fruit</p>	<p><b>THURSDAY</b> <span style="float: right;">11</span></p> <p>Yogurt &amp; WA Cherry Muffin Sq., Toast, Fruit &amp; 100% Fruit Juice</p> <p>A) Spaghetti w/ Meat Sauce B) Spaghetti w/ Marinara Sauce C) Mediterranean Munchable w/ Hummus</p> <p>Garden Salad Bell Pepper Strips An Jou Pear → Whole Wheat Dinner Roll</p>	<p><b>FRIDAY</b> <span style="float: right;">12</span></p> <p>Pancake on a Stick, Toast, Fruit &amp; 100% Fruit Juice</p> <p>A) Whole Wheat Sub Sandwich w/ Turkey, Turkey Ham &amp; Am. Cheese B) Chef's Choice</p> <p>Garden Salad Chilled Pears → Seasonal Fresh Fruit &amp; Vegetables Assorted Cookies or Bars</p>
<p><b>MONDAY</b> <span style="float: right;">15</span></p> <p>Hot or Assorted Cold Cereal, Toast, Fruit &amp; 100% Fruit Juice</p> <p>A) Chicken Nuggets B) Cheese Quesadilla w/w/o Salsa</p> <p>Seasoned Oven Potatoes Garden Salad Baby Carrots Seedless Grapes Whole Grain Goldfish Crackers</p>	<p><b>TUESDAY</b> <span style="float: right;">16</span></p> <p>Egg &amp; Turkey Sausage Tac-Go, Toast, Fruit &amp; 100% Fruit Juice</p> <p>A) Whole Grain Chicken Corndog B) Breaded Fish Sandwich on a Multigrain Bun w/w/o Tarter Sauce →</p> <p>Garden Salad Cucumber Coins Orange Wedges 100% Fruit Juice</p>	<p><b>WEDNESDAY</b> <span style="float: right;">17</span></p> <p>Chef's Choice, Toast, Fruit &amp; 100% Fruit Juice</p> <p>A) Beef Teriyaki Burger on a Multigrain Bun B) Chef's Choice</p> <p>Garden Salad Carrot Coins WA Apple → Pudding Cup</p>	<p><b>THURSDAY</b> <span style="float: right;">18</span></p> <p>Hot or Assorted Cold Cereal, Toast, Fruit &amp; 100% Fruit Juice</p> <p>A) Chef's Choice B) Mozzarella Cheese Breadstick's w/w/o Marinara Dipping Sauce</p> <p>Garden Salad Broccoli Florets Chilled Canned Fruit Seasonal Fresh Fruit Assorted Grahams, Crackers or Pretzels</p>	<p><b>FRIDAY</b> <span style="float: right;">19</span></p> <p>Hot or Assorted Cold Cereal, Toast, Fruit &amp; 100% Fruit Juice</p> <p>A) Chef's Choice B) Whole Grain Cheese Pizza</p> <p>Seasonal Fresh Fruit &amp; Vegetables Chilled Canned Fruit Assorted Grahams, Crackers or Pretzels</p>



School reopens on  
September 9, 2009



School's out  
Summer's here  
Let's shout  
Let's Cheer!

Illustration by Brittany Strom, student, Nathan Hale High School

## MENU KEY

→ Local Products    ⊕ Pork  
Soy is a common ingredient in foods served



## ETHNIC ENTREE

FEATURING SOUTH PACIFIC  
Hawaiian Luau Chicken with Coconut Curry Rice

- rBST hormone free 1% white milk and non-fat chocolate milk served with meals.
- Variety of cold cereals available daily as an alternative breakfast option for students.