









# May & June 2008

## Cadillac Elementary Schools Menu

June's Menu is on the back!!

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<b>BREAKFAST- The best way to start your day!! ONLY \$1.00 REDUCED \$0.30</b> Assorted Cold Cereals w/ goldfish graham crackers or Breakfast Bar w/ goldfish graham crackers, or choose a hot breakfast entree:				
Funnel Cake Fruit or 100% Fruit Juice White Milk	Breakfast Pizza Fruit or 100% Fruit Juice White Milk	Maple Sausage Wrap Fruit or 100% Fruit Juice White Milk	Warm CinnamonTasty Fruit or 100% Fruit Juice White Milk	Snack-en-Waffle Fruit or 100% Fruit Juice White Milk
<b>Questions about our meal program? Please call 876-5014 or 876-5015</b>				
<b>PARENTS!</b> PLEASE see that all balances due on your child's food service account are paid for in full before summer vacation. Balances can be checked by calling 876-5014	<b>For PETE'S Sake!!</b> Join us on 5/19 for the <b>"Great Pyramid Pete Day"</b> There will be lots of Pete items to give away during lunch. Don't miss your chance to get your prize!	 <b>Balanced Choice Meal</b>  This symbol represents a "Balanced Choice Meal", featured on that day's menu (Alternate choices noted)	1 Beef & Cheese Nachos Stacked Turkey / Bun Green Beans	2 Grilled Chicken Patty / Bun Whole Kernel Corn Pineapple Tidbits Milk  Alternate: Hotdog 
<b>Student Lunch Price: \$1.60    Reduced Price: \$ .40    A la Carte Milk or Snack: \$ .35</b>				
5 Chicken Fingers / Roll Ham & Cheese / Bun Mashed Potatoes and Gravy	6 "SMART" Pizza Oven Fries Mixed Fruit, Milk  Alternate: Tuna Salad Sandwich 	7 Spaghetti & Meat Sauce Egg / Cheese Muffin Broccoli Cuts  <b>Ginger Bread / Topping</b>	8 Hamburger / Bun Whole Kernel Corn Banana, Milk  Alternate: Toasted Cheese 	9 "New" Pizza Dippers Mexican Burrito Mixed String Beans  <b>"Pete Prize Day!!"</b>
<b>Remember.....If you are eligible for meal benefits, you qualify for BOTH Breakfast AND Lunch!!</b>				
12 Mini Corndogs Oven Fries Sweet Peas Sliced Peaches, Mi Milk  Alternate: St. Ham / Bun	13 Soft Shell Taco Submarine Sandwich California Blend Veggies	14 French Toast & Sausage Cheeseburger / Bun Potato Starz	15 Ham & Cheese Munchable Grilled Chicken Patty / Bun Hashbrown Potatoes  <b>Chocolate Pudding</b>	16 "SMART" Pizza Green beans Cinnamon apple slices, Milk   Alternate: Rib-E-Que / Bun
<b>All lunches include veggies and fruit from our Fresh Food Bar and choice of 1% white or 1% chocolate milk.</b>				
19 <b>Great "Pete" Give-a-way</b> Chicken Patty / Bun Ham & Cheese / Bun Au gratin Potatoes	20 Toasted Cheese on Wheat Animal Crackers Fresh Broccoli Cinn. Apples, Milk Alternate: Corndog 	21 Pepperoni Pizza Wedge Stacked Turkey / Bun Whole Kernel Corn	22 Baked Chicken Nuggets/Roll Mixed Vegetables Pineapple Tidbits Milk Alternate: Tuna Salad Sandwich 	23 Sloppy Joe / Bun Fish Patty / Bun Oven Fries  <b>Home baked Cookie</b>
<b>MENU SUBJECT TO CHANGE WITHOUT NOTICE.</b>				
26  <b>No School</b>  <b>Memorial Day</b>	27 Beef & Cheese Nachos Grilled Chicken Patty / Bun Sweet Peas	28 Macaroni & Cheese Mexican Burrito Green Beans  <b>Cinnamon Roll</b>	29 <b>Picnic Day Menu :</b> Hotdog / Bun Hamburger / Bun Baked Beans Potato Chips Watermelon, Milk Sour Gummy Worms	30 Cold Pizza Dunks Freshly Baked Bread Sticks Shredded Mozz. Cheese Pizza Sauce, Fresh Fruit, Milk Alternate: St.Ham 

Cadillac Area Public Schools Food Service Department does not discriminate on the basis of race, color, origin, sex, age, handicap or religion. Persons who believe they have been discriminated against should contact the Secretary of Agriculture, Washington, D. C. 20250

Parents: If your child has meal charges-Please send in payments as soon as possible.  
 Our program is a debit system where money needs to be in the system in order to provide meals

Here is a payment schedule that can assist you to making payments in advance. Meal prices are: Breakfast \$1.00 .30 reduced  
 Lunch \$1.60 .40 reduced

	Full Pay	Reduced
5 days breakfast/lunch	\$5.00/\$8.00	\$1.50/\$2.00
10 days breakfast/lunch	\$10.00/\$16.00	\$3.00/\$4.00
25 days breakfast/lunch	\$25.00/\$40.00	\$7.50/\$10.00

**Balanced Choices—Find it on the menu!**

Balanced Choices is Chartwells program designed to identify the “better-for-you” choices within the school lunch environment. Balanced Choices promotes snacks, beverages and entrees that meet precise nutrition parameters which endorse healthy eating guidelines and appropriate portion sizes. Balanced Choices also establishes nutrition parameters to promote a reduction in nutrients that are abundant in students’ diets, while ensuring that each food item makes a positive contribution of vitamins, minerals and fiber.

Eating healthy is often a balancing act. Make a healthy lifestyle doable by:

- Balancing the foods you eat with physical activity.
- Watching your sugar intake.
- Snacking smart – Limit sweets in favor of healthier snacks.
- Eating smart when eating out.
- Paying close attention to portion sizes



**Let’s Talk Dairy! .....**

Theodore and Pete understand that calcium and vitamin D, which are plentiful in milk, build healthy eyes and bones and make your muscles and nerves work better.

Theodore took Pete to visit a nearby farm so they could learn more about the dairy group. On their visit they learned how milk was processed and all the foods that can be made from milk such as yogurt and cheese. Now Pete and his friends make sure they drink all of their low-fat milk and eat low fat yogurt because they know how important it is to help them grow strong.

