

SRHS


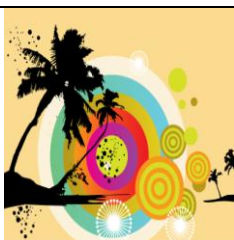

May 2009

Lunch Menu

Jr. Hi: 10:53 – 11:23 a.m.

SALAD BAR—Monday through Friday.

Sr. Hi: 11:57 – 12:27 p.m.

Child Nutrition Programs are available to all without regard to race, color, national origin, sex, age or disability.	The USDA is an equal opportunity provider and employer. Menu is subject to change without notice.			Friday, 5/1 Meat Loaf w/ Zucchini/Corn Dinner Roll Or Fruit Salad Plate w/ Muffin & Cheese Cubes
Monday, 5/4	Tuesday, 5/5	Wednesday, 5/6	Thursday, 5/7	Friday, 5/8
Chicken Fajitas Refried Beans Or Spinach Salad w/ Cheese & Wheat Crackers	Cheeseburger w/ Oven Fries Or Chef Salad w/ Breadstick	Chicken Nuggets Carrot/Raisin Salad Or Sub Sandwich	Chili Mac Mixed Veggies Or Peanut Butter & Banana on Wheat Bread	Mexican Lasagne Mexicorn Or Tuna Salad on Wheat Bun
Monday, 5/11	Tuesday, 5/12	Wednesday, 5/13	Thursday, 5/14	Friday, 5/15
BBQ Pork Ribbette Scalloped Potatoes Corn Bread Or Fruit Salad Plate w/ Muffin and String Cheese	Beef Taco w/ Black Beans Or Chef's Choice	PIZZA DAY! 	Chicken Sandwich Veggie Salad Or Pasta Salad Plate	Hot Dog Bar w/ Toppings Potato Salad Or Fish Filet w/ Coleslaw
Monday, 5/18	Tuesday, 5/19	Wednesday, 5/20	Thursday, 5/21	Friday, 5/22
COOK'S CHOICE	COOK'S CHOICE	EARLY RELEASE—NO LUNCH SERVED	EARLY RELEASE—NO LUNCH SERVED	EARLY RELEASE—NO LUNCH SERVED

The kitchen staff welcomes your comments on our meals. Parents have an open invitation to drop by and see what we are serving our kids. If you would like to speak with the SRHS kitchen manager, please call Roxann Grey at 480-362-2077. If you would like to speak with the ECEC/SRES kitchen manager, please call Joni Andreas at 480-362-2242.

No need to heat up your kitchen----with summer programs at school or just hanging out at home, let the kids come by the sites below for breakfast and lunch. We're serving up kids' favorite meals! Check out the serving dates and times for the site closest to you!!

Salt River Elementary School Cafeteria
Monday--Thursday June 1 through June 25, 2009
Breakfast 7:30-8:30 a.m. Lunch 11:30-1:30 p.m.


Early Childhood Education Center Cafetorium
Monday --Thursday June 29 through July 30, 2009
Breakfast 8:00-9:00 a.m. Lunch 11:00-1:00 p.m.

Salt River High School Cafeteria
Monday--Thursday June 1 through July 30, 2009
Breakfast 7:30-8:30 a.m. Lunch 11:00-1:00 p.m

Boys and Girls Clubs—Lehi Branch
Monday--Friday June 29 through August 6, 2009
(final day-Thursday)
Breakfast 8:00-9:00 a.m. Lunch 11:30-1:30 p.m.

No meals will be served on June 15 or July 3, 2009.

Fruits and vegetables are high in water content---so, they help to keep you hydrated when you are living in the desert heat. Remember that if you are busy outside----- It's summer, it's hot!
You must: Drink your water!!!

				Friday, 5/1
Child Nutrition Programs are available to all without regard to race, color, national origin, sex, age or disability.	The USDA is an equal opportunity provider and employer.	Menu is subject to change without notice.		Soft WW Pretzel Peanut Butter Banana
Monday, 5/4	Tuesday, 5/5	Wednesday, 5/6	Thursday, 5/7	Friday, 5/8
Yogurt Cup Breakfast Bar Grape Juice	Bagel w/ Cream Cheese Fresh Fruit	Wheaties Cheddar Cheese Banana	Ham n Egg Sandwich Orange Juice	String Cheese Fruit Muffin Fresh Fruit
Monday, 5/11	Tuesday, 5/12	Wednesday, 5/13	Thursday, 5/14	Friday, 5/15
Animal Crackers Cheddar Cheese Apple Juice	Hard Boiled Egg Breakfast Bar Orange Juice	Yogurt Parfait	French Toast Sticks w/ Rosy Applesauce	Mini Sandwich Banana
Monday, 5/18	Tuesday, 5/19	Wednesday, 5/20	Thursday, 5/21	Friday, 5/22
Breakfast Bagel Mixed Fruit Cup	Pancakes Turkey Sausage Fresh Fruit	Cheese Crisp/Salsa Orange Juice	Cook's Choice	Cook's Choice

Breakfasts are bagged for "grab and go" service this year due to the earlier start time. A variety of milk will be available and students may choose their favorite at each meal. Students will be required to scan their ID card or enter their ID number on a pinpad for meal accounting purposes.

**START YOUR DAY RIGHT! JOIN US FOR BREAKFAST!
THEN, JOIN US FOR LUNCH!**

**DURING ARIZONA'S SUMMER, EVERYONE NEEDS
TO THINK AND DRINK MORE WATER!**

Water Facts:

- Human body is about 55 to 65% water. Water gives body cells their shape.
- Water helps the body regulate its core temperature. Sweating during exercise or in hot weather cools you off! Replacing the water lost as sweat is very important. Think how popular taking a water bottle with you has become!
- Water lubricates your joints for easy pain-free movement.
- Water carries nutrients to all your cells and carries wastes away from the body cells.
- To increase water intake, eat foods that are high in fluid content---watermelon, pears, apples, oranges, and salad greens are all great choices. Other choices would include beverages like milk and fruit juices. These items have a variety of nutrients not found in sodas and fruit drinks.
- Don't wait to drink until you are thirsty, drink small amounts of water frequently during play and other daily activities.

If you are not participating in summer programs, we will miss you. So, keep the cooks happy: We will plan on seeing you bright and early on August 17 for breakfast!