Eat a Rainbow Every Day!

Spring 2013 South Haven Public Schools Elementary Menu

Food & Nutrition Services * 7320 North Shore Drive * South Haven MI 49090 * (269) 637-0590 *Diann Tosh SNS * Supervisor

South Haven Public Schools Food & Nutrition Services offers a three week cycle menu for lunch and a one week cycle for Breakfast and Linc-o-lunches. The colors **and** shapes on the calendar indicate each week's cycle menu. Dates in white indicate no school. 1% White or Non-Fat Chocolate Milk is offered with every meal. Menu subject to change without notice.

Free and Reduced priced Meals available to qualified families *** Full Price for Lunch is $2.15

Cycle Week 1

Monday
PEPPERONI PIZZA
Cauliflower/Red Pepper Cup
w/Low Fat Ranch
Bunch O' Grapes

Tuesday
WALKING TACO
Lettuce/ Tomato
Spicy Black Bean Salsa
Pineapple Tidbits
Sherbet Cup

Wednesday
CHICKEN NUGGETS
w/Soft Pretzel
Tator Tots
Cinnamon Applesauce
Royal Brownie

Thursday
TOASTED CHEESE 'WICH
Tomato Soup
Pickle Spear/ Chilled Peaches
Goldfish Crackers

Friday
FRENCH TOAST STICKS
Sausage Links
Hash Browns
Orange Smiles

Cycle Week 2

Monday
ITALIAN SUB SANWICH
Potato Smiles
Confetti Cole Slaw
LG Strawberry Shortcake

Tuesday
MINI CORN DOGS
Baked Beans
Fresh Apple Wedges
Frito Corn Chips

Wednesday
SPAGHETTI W/SAUCE
Corn Niblets
Chilled Peaches
Bread Sticks

Thursday
MINH CHICKEN EGG ROLL
Stir-Fry Rice
Zesty Roasted ***LG*** Asparagus
Mandarin Orange Gelatin
Fortune Cookie

Friday
SAUSAGE PIZZA
LG Garden Fresh Salad w/ Ranch
Watermelon Wedges

LG =Locally Grown in Season

Cycle Week 3

Monday
CHEESEBURGER
Baked Fries
Apple Slices w/ Dip
Choc-o-chip Cookie

Tuesday
TURKEY POT PIE
Mashed Potatoes
Chilled Peaches
Savory Biscuit/ Honey

Wednesday
BEEFY NACHO
W/ Tortilla Chips/ Salsa
Pintos n' Cheese
Pineapple Chunks
Cinnamon Roll

Thursday
CHICKEN PATTY/WG BUN
Cucumber Coins w/ Ranch Dip
Cinnamon Pears
Kids Mix

Friday
STUFFED BREAD STICKS
Marinara Sauce
Tossed Salad w/ Italian
Applesauce

BREAKFAST

SMART START:
FREE BREAKFAST K-8
DAILY
WG/LS Cereals & Bakery Items
Fresh Fruit or 100% Juices
1% or Low Fat White Milk

Monday
Bagelful OR
UBR w/ Cheese Stick
100% Juice / Orange Wedges

Tuesday
Breakfast Pizza Bagel
Petite Banana

Wednesday
Yogurt Cup w/ Goldfish Grahams
100% Juice / Fresh Fruit

Thursday
Sausage Biscuit
100% Juice / Orange Wedges

Friday
Breakfast Burrito
(Scrambled egg ,Cheese, Potato)
WG Tortilla, Salsa
100% Juice or Fresh Fruit

School Lunches now meet Additional Standards!

- ⇒ **Age sized calorie limits**
- ⇒ **Larger servings of fruits & veggies**
- ⇒ **Variety of veggies (dark green, orange/red, legumes)**
- ⇒ **Fat-free or 1%milk**
- ⇒ **More whole grains**
- ⇒ **Less sodium**
- ⇒ **Strict limits for saturated fat**

Check it out: www.myplate.gov

M	T	W	T	F
APRIL				2013
Spring			Break	
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30			

MAY 2013				
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

JUNE 2013				
3	4	5	6	7

SUMMER MEALS
June 24th– August 16th

Food that's IN! When school is OUT!

Linc-o– lunch 2011/2

Monday	Tuesday	Wednesday	Thursday	Friday
#1 Sam's Ham	#2 Banana Split	#3 Scooby Doo Da	#4 Go Fish!	#5 Egg You On!

** NORTH SHORE OPTIONAL DAILY CHOICE**
*** CHEF SALADS*** LINC-O-LUCHES*** COOKS CHOICE***