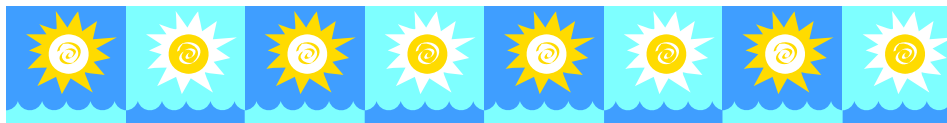


June 2010



May 31	1	2	3	4
<p><u>NO SCHOOL</u> <u>MEMORIAL DAY</u> <u>OBSERVED</u></p>	<p><u>Lunch</u> <u>Macaroni & Cheese</u> <u>Corn on the Cob</u> <u>Wheat Roll</u> <u>Mixed Fruit</u></p>	<p><u>Lunch</u> <u>Deluxe Salad Bar</u> <u>Choice of meats, egg,</u> <u>Cheese, bread, fruit,</u> <u>vegetables and</u> <u>sandwich</u></p>	<p><u>Lunch</u> <u>Chicken Burrito</u> <u>(Whole Wheat)</u> <u>Mexican Brown Rice</u> <u>Salad Bar</u> <u>Fruit</u></p> <p>Created with Guest Chef Theresa Stearns</p>	<p><u>Lunch</u> <u>Cheese Pizza</u> <u>Whole Wheat Crust</u> <u>Salad Bar</u> <u>Fresh Fruit</u></p>
7	8	9	10	11
<p><u>Lunch</u> <u>Crunchy Baked</u> <u>Chicken</u> <u>Biscuit</u> <u>Salad Bar</u> <u>Strawberry Cup</u></p>	<p><u>Lunch</u> <u>Cook's Choice</u> <u>Assorted Sandwiches</u> <u>Pretzels</u> <u>Salad Bar</u> <u>Fruit</u></p>	<p><u>Lunch</u> <u>Deluxe Salad Bar</u> <u>Choice of meats, egg,</u> <u>cheese, bread, fruit,</u> <u>vegetables and</u> <u>sandwich</u></p>	<p><u>Lunch</u> <u>Fish Burger/Whole</u> <u>Wheat Roll</u> <u>Baked Fries</u> <u>Cole Slaw</u> <u>Cookie</u></p>	<p><u>Lunch</u> <u>French Bread Pizza</u> <u>Salad Bar</u> <u>Fresh Fruit</u></p>

MENU SUBJECT TO CHANGE
WITHOUT NOTICE

Milk is served daily for lunch. Choice of 1%, 2% or skim is offered. We offer daily a choice of sandwich or regular lunch. Sandwich choice also includes the items on the menu for the day. All students who get hot lunch will have access to the salad/veggie bar 3 days per week including Deluxe Salad Bar once per week. Please note: no Deluxe Salad Bar is offered during a 3 day week.

Sandwich Choices:

June 1-4 Bologna & Cheese
June 7-11 Turkey & Cheese
June 14-18 Tuna
June 21 & 22 Peanut Butter & Jelly

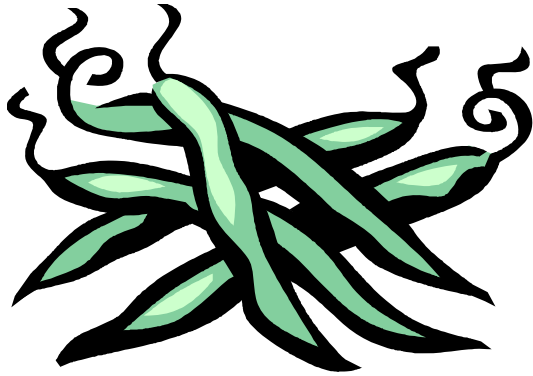
PB & Jelly sandwich available daily

FREEDOM ELEMENTARY SCHOOL

BREAKFAST/LUNCH MENU
MARILYN PRIVE, FOOD SERVICE
DIRECTOR

foodservice@sau13.k12.nh.us

Did you know?
Guest Chef, Theresa Stearns will be at Madison to show the kitchen staff how to create a new healthy lunch. She will be here June 3rd. We encourage everyone to sign up and try this new menu item.



FRUIT/VEGETABLE OF THE MONTH

The Vegetable of the Month for June will be GREEN BEANS.

Last month our fruit of the month was MANGO. The students really enjoyed this fruit.

BREAKFAST MENU

Low fat milk
 100 % juice
 Choice of assorted cereal, Or
 yogurt, Or Muffin

Cheese Stick

Non-discrimination Statement: This explains what to do if you believe you have been treated unfairly. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write to *USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington DC 20250-9410* or call 202-720-5964 (voice and TDD). USDA Is an equal opportunity provider and employer

14	15	16	17	18
<u>Lunch</u> NO LUNCH SERVED <u>COMMUNITY LUNCHEON</u>	<u>Lunch</u> Madison Mustang Sub Salad Bar Blueberries/Topping	<u>Lunch</u> Deluxe Salad Bar Choice of meats, egg, cheese, bread, fruit, vegetables and sandwich	<u>Lunch</u> Grilled Cheese Sandwich Baked Fries Veggie Sticks/Dip Brownie	<u>Lunch</u> NO LUNCH SERVED CAMP HUCKINS DAY
21	22			
<u>Lunch</u> Chicken Fajita (Whole Wheat) Rice Veggie Sticks Fruit	<u>Lunch</u> Hot Dog/Roll Pretzels Veggie Sticks/Dip Juice Bar		Have a great summer! See you next fall Mrs. Colcord Mrs. Burkett Ms. Tagliari	