

MENUS FOR JUNE 2008

RIVER VIEW
COMMUNITY
SCHOOL



Monday, June 1

LUNCH
American Chop Suey
Bread Cheese Sticks
And
Green Beans
Jell-O
Calories 690
Fat 25 %
Carbohydrates 92.4 grams
Sat. Fats 6.7 %

BREAKFAST
Pancake
Sausage
Calories 460
Fat 19.9 %
Carbohydrates 75 Grams
Sat. Fats 9.2 %

Tuesday, June 2

LUNCH
Chicken Fajita Wrap
And
French Fries
Carrot Sticks
'w' I/f Dressing
Blueberry Cake
Calories 735
Fat 24.2 %
Carbohydrates 103.7 grams
Sat. Fats 5.6 %

BREAKFAST
Cheese Pizza Bagel
Calories 492
Fat 23 %
Carbohydrates 68.6 Grams
Sat. Fats 12.7 %

Wed., June 3

LUNCH
Hot Ham & Cheese Sub Sandwich
And
Hashed Browns
Peas
Yogurt
Calories 736
Fat 23.3 %
Carbohydrates 103.8 grams
Sat. Fats 8.8 %

BREAKFAST
French Toast Sticks
Calories 719
Fat 17.9 %
Carbohydrates 133.2 Grams
Sat. Fats 7 %

Thursday, June 4

LUNCH
Fresh Wheat Crust
Pepperoni Pizza
And
Corn on Cob
Fruit
Calories 682
Fat 33.8 %
Carbohydrates 89.1 grams
Sat. Fats 11.8 %

BREAKFAST
Cereal Bar
Calories 451
Fat 22.8 %
Carbohydrates 76.2 Grams
Sat. Fats 7.2 %

Friday, June 5

LUNCH
Hamburger
On Fresh Made Wheat Bun
And
Potato Smiles
Green Beans
Fruit
Calories 850
Fat 32.9 %
Carbohydrates 105.2 grams
Sat. Fats 13.3 %

BREAKFAST
Fresh Made French Toast
'w' Syrup
Calories 779
Fat 22.8 %
Carbohydrates 125 Grams
Sat. Fats 7.6 %

Weekly Totals

LUNCH

Average	Target
Calories 739	664
Carb. 98.8 gram	
Total Fat 27.9 %	30 %
Sat. Fats 9.4 %	10 %

Low Fat White, Chocolate, Lactaid & Skim Milk is served with Lunch each day.

BREAKFAST

Average	Target
Calories 580	554
Carb. 95.6 grams	
Total Fat 21.2 %	30 %
Sat. Fats 8.5 %	10 %

Cold Cereal and Fresh Made Wheat Toast is offered as a choice each day. Only White low fat, Lactaid and skim milk And Orange or Apple Juice is served for breakfast

Notice:
The data contained within this report should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.
Thank you,
Mildred Gould,
Nutrition Director

Monday, June 8

BREAKFAST FOR LUNCH
Breakfast Sandwich (Ham)
And
Hashed Browns
Fruit
Calories 728
Fat 33.1 %
Carbohydrates 94.8 grams
Sat. Fats 9 %

BREAKFAST
Breakfast Sandwich (Ham, Cheese, Egg on Muffin)
Calories 518 -- Fat 27.2 %
Carbohydrates 71.3 Grams
Sat. Fats 14.3 %

Tuesday, June 9

NO SALAD BAR TODAY
SCHOOL BBQ
Hot Dogs on Bun
Or
Hamburger on Bun
Or
Cheeseburger on Bun
And
Pasta Salad
Veggie Sticks 'w' I/f Dip
Watermelon
Calories 840 -- Fat 42.7 %
Carbohydrates 105.3 grams
Sat. Fats 11.6 %

BREAKFAST
Scrambled Eggs
Calories 523
Fat 29.8 %
Carbohydrates 72.6 Grams
Sat. Fats 9.7 %

Wed., June 10

LUNCH
Spaghetti 'w' Meatballs & Sauce
And
Fresh Made Italian Bread
Green Beans
Fruit
Calories 705
Fat 15.9 %
Carbohydrates 126.6 grams
Sat. Fats 2.9 %

BREAKFAST
French Toast 'w' Syrup
Calories 693
Fat 19.8 %
Carbohydrates 113.2 Grams
Sat. Fats 10 %

Thursday, June 11

LUNCH

Manager's Choice

BREAKFAST
Cereal Bar
Calories 510
Fat 8.8 %
Carbohydrates 95.1 Grams
Sat. Fats 4.2 %

Friday, June 12

LUNCH
Breaded Chicken Patty
on Fresh Made Bun
And
Veggie Sticks 'w' I/f Dressing
Fruit
Calories 769
Fat 37.8 %
Carbohydrates 89.8 grams
Sat. Fats 3.8 %

BREAKFAST
Pancake 'w' Syrup
Hot Sliced Ham
Calories 614
Fat 22.2 %
Carbohydrates 93.7 Grams
Sat. Fats 8.9 %

Weekly Totals

LUNCH

Average	Target
Calories 657	664
Carb. 91.1 gram	
Total Fat 31.8 %	30 %
Sat. Fats 6.8 %	10 %

Low Fat White, Chocolate, Lactaid & Skim Milk is served with Lunch each day.

BREAKFAST

Average	Target
Calories 572	554
Carb. 89.2 grams	
Total Fat 21.5 %	30 %
Sat. Fats 9.4 %	10 %

Cold Cereal and Fresh Made Wheat Toast is offered as a choice each day. Only White low fat, Lactaid and skim milk And Orange or Apple Juice is served for breakfast

Choices

Lunch
Main Entrée that listed
Or
Full Salad Bar
And
Choice of:
L/F White Milk 1%
L/F Chocolate Milk 1%
Lactaid White Milk
Skim White Milk

Choice each Breakfast
Cold Cereal & Toast
And
Choice of:
L/F White Milk 1%
Lactaid White Milk
Skim White Milk
Apple Juice 100%
Orange Juice 100%

Monday, June 15

**NO SALAD BAR TODAY
LUNCH**

Hot Meatball
Sub Sandwich
And
Fresh Broccoli 'w' 1/2 Dip
Fruit
Calories 717
Fat 23.1 %
Carbohydrates 109 grams
Sat. Fats 9.2 %

BREAKFAST

Cold Cereal
Fresh Made Wheat Toast
Calories 497 -- Fat 25.3 %
Carbohydrates 76.3 Grams
Sat. Fats 6.8 %

Tuesday, June 16

**NO SALAD BAR TODAY
BREAKFAST
FOR LUNCH**

Pancakes 'w' Syrup
And
Sliced Hot Ham
Hash Browns
Fruit
Calories 902
Fat 29.2 %
Carbohydrates 130.7 grams
Sat. Fats 4.7 %

BREAKFAST

Cold Cereal
Fresh Made Wheat Toast
Calories 497
Fat 25.3 %
Carbohydrates 76.3 Grams
Sat. Fats 6.8 %

Wed., June 17

**NO SALAD BAR TODAY
BAG LUNCH**

Cold Ham & Cheese
Sandwich
And
Animal Crackers
Veggie Sticks 'w' 1/2 Dip
Yogurt
Calories 941
Fat 23.3 %
Carbohydrates 145.1 grams
Sat. Fats 9 %

BREAKFAST


Cold Cereal
Fresh Made Wheat Toast
Calories 497
Fat 25.3 %
Carbohydrates 76.3 Grams
Sat. Fats 6.8 %

Orange Juice will be offered with your lunch meal each day for the month of June 2009

VEGETABLE

Brussels Sprouts

Brussels sprouts are high in illness-fighting beta carotene and are also a good vegetable source of protein. Steam or boil brussels sprouts until they're just tender, and they won't taste bitter.



OF THE MONTH

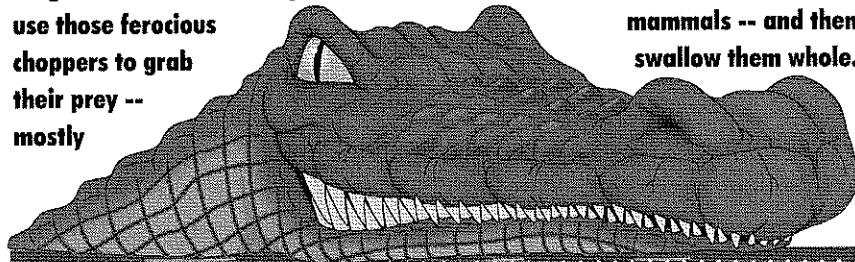
JUNE BIRTHDAYS

- Frank Lloyd Wright -- June 8
- Donald Duck (74) -- June 9
- Anne Frank -- June 12
- Clarence Thomas (60) -- June 23
- Helen Keller -- June 27
- Michael Phelps (23) -- June 30

SAY CHEESE.

Alligators can't chew. They use those ferocious choppers to grab their prey -- mostly

frogs, fish, birds, and small mammals -- and then swallow them whole.



ANIMAL APPETITES

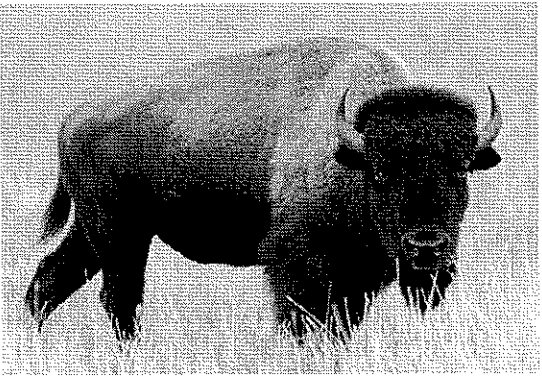
STRANGE BUT TRUE!

IF YOU ARE EIGHT YEARS OLD, YOU HAVE BEEN ALIVE FOR MORE THAN A **QUARTER OF A BILLION** SECONDS. YOU WON'T BE A BILLION SECONDS OLD UNTIL YOU'RE ALMOST 32!




Smile.
It's summer!
We'll see you next year.
Enjoy!

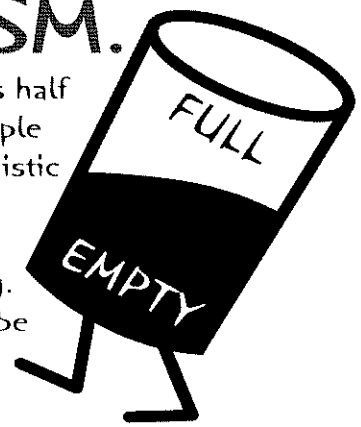
OUR NATION'S HISTORY



Just a few hundred years ago, an estimated 30-60 million wild American Bison roamed the U.S. from Virginia to Alaska. By the 1880's, hunting had nearly exterminated the vast herds. Only one small group of continuously wild bison was left. These 23 bison were protected in Yellowstone National Park, which had become the world's first national park in 1872. Today, the Yellowstone herd numbers about 3,000 animals.

OPTIMISM.

Do you see the glass as half full or half empty? People who are basically optimistic and happy tend to be healthier, too - both mentally and physically. It's not always easy to be positive, but it's almost always good for you!



WITH LIBERTY & JUSTICE FOR ALL

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER. WELLNESS IS A WAY OF LIFE!