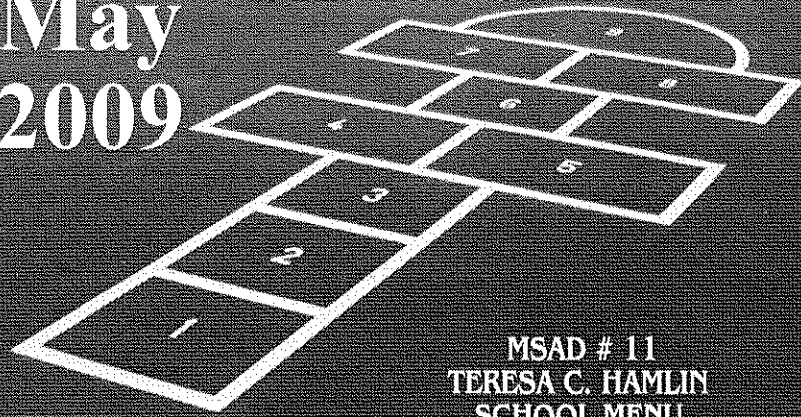


May 2009



MSAD # 11
TERESA C. HAMLIN
SCHOOL MENU

KICK THE CAN.



When you drink a can of soda, your body immediately gets hit with 10 teaspoons of sugar – that's 100% of your daily allowance. Within 20 minutes your blood sugar spikes, and an hour later you crash – and crave more. Does your body really need this?

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



AND ONLY!
Only one state has a flag that is not a rectangle -- Ohio's flag is a pennant.

Monday, May 4

LUNCH

Hot Ham & Cheese Sub Sandwich
Or
Peanut Butter & Jelly Sandwich
And
Veggie Sticks 'w' 1/2 Dressing

Fresh Fruit

Calories 646
Fat 23.4 %
Carbohydrates 99.7 grams
Sat. Fats 7.4 %

BREAKFAST

Pancake

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

Tuesday, May 5

LUNCH

Cheese Sticks 'w' Sauce
Or
Pizza Burger on
Fresh Made Wheat Bun
And
French Fries

Salad Bar

Blueberry Cake
Calories 751
Fat 24.7 %
Carbohydrates 110 grams
Sat. Fats 9.8 %

BREAKFAST

Cheese Pizza Bagel

Calories 492
Fat 23 %
Carbohydrates 68.6 Grams
Sat. Fats 12.7 %

Wed., May 6

LUNCH

Baked Beans
Or
Macaroni & Cheese
And
Sausage

Cornbread

Fresh Broccoli
'w' 1/2 Dressing
Strawberries
Calories 681
Fat 24.7 %
Carbohydrates 102.1 grams
Sat. Fats 12.5 %

BREAKFAST

French Toast Sticks

Calories 719
Fat 17.9 %
Carbohydrates 133.3 Grams
Sat. Fats 7 %

Thursday, May 7

BREAKFAST FOR LUNCH

Pancakes 'w' Syrup
Or
Cheese Omelet
And
Hashed Brown

Sliced Hot Ham

Fresh Fruit
Calories 956
Fat 29.2 %
Carbohydrates 131.2 grams
Sat. Fats 7.7 %

BREAKFAST

Cereal Bar

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

Friday, May 8

LUNCH

Hamburger on
Fresh Made Wheat Bun
Or
Fish & Cheese Sandwich
And
Pasta Salad

Salad Bar

Fruit
Calories 859
Fat 30.2 %
Carbohydrates 111.5 grams
Sat. Fats 9 %

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 779	664
Carb. 110.9 gram	
Total Fat 26.8 %	30%
Sat. Fats 9.2 %	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, May 11

LUNCH

Chicken Fajitas Wrap
Or
Taco's (Soft Shell)
And
Nacho 'w' Salsa

Salad Bar

Fruit
Calories 747
Fat 20.2 %
Carbohydrates 112.8 grams
Sat. Fats 7.1 %

BREAKFAST

Breakfast Sandwich

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

Tuesday, May 12

LUNCH

Popcorn Chicken
Or
BBQ Ribs on
Fresh Made Wheat Bun
And
Brown Rice

Chocolate Chip Cookie

Fruit
Calories 816
Fat 28.9 %
Carbohydrates 124.1 grams
Sat. Fats 3.8 %

BREAKFAST

Scramble Eggs

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

Wed., May 13

LUNCH

Cheese Pizza Bagel
Or
Pepperoni Pizza Bagel
And
Green Beans

Fruit

Calories 649
Fat 23 %
Carbohydrates 95 grams
Sat. Fats 13.3 %

BREAKFAST

French Toast 'w' Syrup

Calories 693
Fat 19.8 %
Carbohydrates 113.2 Grams
Sat. Fats 10 %

Thursday, May 14

LUNCH

Chicken Quesadilla
Or
Cheese Sticks 'w' Sauce
And
Brown Rice

Broccoli 'w' Cheese Sauce

Fruit
Calories 823
Fat 28.5 %
Carbohydrates 112.9 grams
Sat. Fats 13.8 %

BREAKFAST

Cereal Bar

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

Friday, May 15

LUNCH

Cold Ham & Cheese Sandwich
Or
Tuna Salad Sandwich
And
Chicken Noodle Soup

Salad Bar

Fruit
Calories 638
Fat 19.9 %
Carbohydrates 95.3 grams
Sat. Fats 7.7 %

BREAKFAST

Pancake 'w' Syrup

Hot Sliced Ham
Calories 614
Fat 22.2 %
Carbohydrates 93.7 Grams
Sat. Fats 8.9 %

Weekly Totals

LUNCH

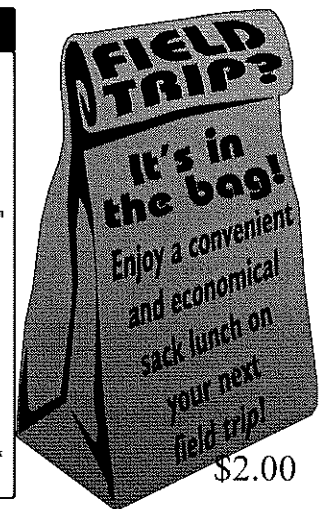
Average	Target
Calories 734	664
Carb. 108 gram	
Total Fat 24.4 %	30%
Sat. Fats 9 %	10%

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



Monday, May 18

LUNCH
 Fish Nuggets
 Or
 Chicken Nuggets
And
 Mashed Potatoes 'w' Gravy
 Fresh Made Wheat Roll
 Peas
 Pudding
 Calories 704
 Fat 22.5 %
 Carbohydrates 103.9 grams
 Sat. Fats 6.6 %
BREAKFAST
 Scramble Eggs
 Fresh Made Wheat Toast
 Calories 497
 Fat 25.3 %
 Carbohydrates 76.3 Grams
 Sat. Fats 6.8 %

Tuesday, May 19

BREAKFAST FOR LUNCH
 Pancakes 'w' Syrup
 Sliced Hot Ham
 Or
 Breakfast Sandwich
 (Sausage, Egg & Cheese
 'w' English Muffin)
And
 Hashed Fresh Potatoes
 Fresh Fruit
 Calories 909
 Fat 32 %
 Carbohydrates 120.3 grams
 Sat. Fats 8.7 %
BREAKFAST
 Breakfast Wrap
 Calories 559
 Fat 28.6 %
 Carbohydrates 81.8 Grams
 Sat. Fats 8.4 %

Wed., May 20

LUNCH
 Turkey & Gravy on Brown Rice
 Or
 Hamburger
 on Fresh Made Wheat Bun
And
 Peas
 Blueberry Crisp
 Calories 740
 Fat 28.1 %
 Carbohydrates 103.1 grams
 Sat. Fats 9.2 %
BREAKFAST
 Pancakes 'w' Syrup
 String Cheese
 Calories 572
 Fat 28.9 %
 Carbohydrates 82 Grams
 Sat. Fats 9 %

Thursday, May 21

LUNCH
 Cheese Sticks 'w' Sauce
 Or
 Pizza-Burger
 on Fresh Made Wheat Bun
And
 Salad Bar
 Watermelon Wedge
 Calories 600
 Fat 25.4 %
 Carbohydrates 84.5 grams
 Sat. Fats 9.8 %
BREAKFAST
 Bagel Sandwich
 (Egg, Ham & Cheese
 on Plain Bagel)
 Calories 552
 Fat 25 %
 Carbohydrates 79 Grams
 Sat. Fats 13.1 %

Friday, May 22

LUNCH
 Chicken Parnesan 'w' Noodles
 Or
 Fish & Cheese
 on Fresh Made Wheat Bun
And
 Salad Bar
 Fruit
 Calories 678
 Fat 31.6 %
 Carbohydrates 81.3 grams
 Sat. Fats 6.9 %
BREAKFAST
 Cereal Bar
 Calories 524
 Fat 25.8 %
 Carbohydrates 77.4 Grams
 Sat. Fats 8.8 %

Weekly Totals

LUNCH
 Average Target
 Calories 726 664
 Carb. 98.7 gram
 Total Fat 28.2 % 30%
 Sat. Fats 6.7 % 10%
 Low Fat White, Chocolate, Lactaid & Skim Milk is served with Lunch each day.

BREAKFAST
 Average Target
 Calories 476 554
 Carb. 70.7 grams
 Total Fat 25.7 % 30%
 Sat. Fats 9.2 % 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



Q: What's the only cheese that's made backwards?



A: Edam cheese is "made backwards! Edam cheese is named after a Dutch town and is usually sold in rounds or wedges. It was the most popular cheese in the world for centuries, because it doesn't spoil quickly. Edam has a very mild taste and is somewhat lower in fat than most traditional cheeses. Give it a try!

LEARN MORE AT WWW.KIDSHEALTH.ORG/KID/1TAY_HEALTHY/FOOD/PYRAMID.HTML

Tuesday, May 26

LUNCH
 String Cheese
 Or
 Ants on a Log
 (Celery, Raisins & Peanut Butter)
And
 Turkey Stew
 Salad Bar
 Frozen Yogurt
 Calories 800
 Fat 24.4 %
 Carbohydrates 84.4 grams
 Sat. Fats 3.6 %
BREAKFAST
 Cheese Omelet
 Fresh Made Wheat Toast
 Calories 591
 Fat 32.5 %
 Carbohydrates 77.5 Grams
 Sat. Fats 11.6 %

Wed., May 27

LUNCH
 Spaghetti 'w' Meatballs & Sauce
 Or
 Hamburger
 on Fresh Made Wheat Bun
And
 Salad Bar
 Ice Juice
 Calories 631
 Fat 15.9 %
 Carbohydrates 107.3 grams
 Sat. Fats 5.8 %
BREAKFAST
 Fresh Made French Toast
 'w' Syrup
 Calories 693
 Fat 19.8 %
 Carbohydrates 113.2 Grams
 Sat. Fats 10 %

Thursday, May 28

LUNCH
 Hot Ham & Cheese Sub Sandwich
 Or
 Hot Chicken Fajita Sub Sandwich
And
 French Fries
 Corn on the Cob
 Chilled Seedless Grapes
 Calories 654
 Fat 23.4 %
 Carbohydrates 93.9 grams
 Sat. Fats 9.2 %
BREAKFAST
 Cereal Bar
 Calories 198
 Fat 11.7 %
 Carbohydrate 34.6 Grams
 Sat. Fats 7.3 %

Friday, May 29

LUNCH
 Shepherd's Pie
 Or
 Chicken Caesar Salad
And
 Fresh Made Wheat Roll
 Fresh Fruit
 Calories 756
 Fat 20.8 %
 Carbohydrates 117.1 grams
 Sat. Fats 6.9 %
BREAKFAST
 Breakfast Sandwich
 (Egg, Ham & Cheese on English Muffin)
 Calories 518
 Fat 27.2 %
 Carbohydrates 71.3 Grams
 Sat. Fats 14.3 %

Weekly Totals

LUNCH
 Average Target
 Calories 710 664
 Carb. 100.7 gram
 Total Fat 21.3 % 30%
 Sat. Fats 6.3 % 10%
 Low Fat White, Chocolate, Lactaid & Skim Milk is served with Lunch each day.

BREAKFAST
 Average Target
 Calories 519 554
 Carb. 80.7 grams
 Total Fat 23.2 % 30%
 Sat. Fats 10.1 % 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

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

OUR NATION'S HISTORY

When U.S. Secretary of State William Seward agreed to buy Alaska from Russia in 1867, the purchase was ridiculed as "Seward's Folly." Some considered it outrageous to pay \$7.2 million for an "icebox." But Seward managed to add nearly 600,000 square miles to U.S. territory for less than two cents an acre, and Alaska became the 49th state in 1959.

WITH LIBERTY & JUSTICE FOR ALL