


JES Menu for May 2012

Lunch Prices: Student - \$2.75, Adult - \$3.75, Reduced - \$.40, Milk/Juice - \$.50. Breakfast served daily or a breakfast snack bag to take to your room. Breakfast choices will include whole wheat bagels, cereal, granola bars, English muffins, yogurt, cheese, variety fruits, juice and milk. Breakfast – \$1.50, Reduced Breakfast - free. Breakfast and lunch prices include beverage. **1%, Skim Milk and Juice served daily.** Low fat chocolate milk will be served on Wednesdays. **Snacks are available for cash daily from \$.50 to \$.75.** For vegetarians, students may have main dish without meat whenever possible. Menu is subject to availability of groceries. Some days will have choices of fruits and vegetables. **Bag lunches are available on field trip days.**

Look for our VT/local offerings! ♥ Homemade We're improving our school lunches with at least 51% whole grains!

Monday	Tuesday	Wednesday	Thursday	Friday
7	8	9	10	11
Whole grain cheese pizza OR Oven roasted chicken Whole wheat rotini with Cabot butter Green beans VT apple	Mini salad bar OR Cheese quiche ♥ Crunchy carrots Grapes Oatmeal chocolate chip cookie ♥	Mini salad bar OR Whole wheat macaroni and cheese ♥ Chocolate chip muffin ♥ Steamed broccoli Strawberries	Tuna on a bun ♥ OR Taco/Fajita bar (beef, cheese, lettuce, beans & more) Brown rice Peas Fruit	Whole wheat bun ♥ & sliced turkey OR Cheese or sausage pizza ♥ Fresh veggies/ranch Pineapple
14	15	16	17	18
Whole grain cheese pizza OR Hamburger/cheeseburger on a whole wheat bun ♥ with sliced dill pickles Glazed carrots Orange quarters	Cheese quesadilla OR Make your own sandwich bar (turkey, tuna, pickles, hummus) on a whole wheat bun ♥ Sliced apples& cinnamon Spinach salad ♥	Mini salad bar OR Whole grain pancakes Underhill VT maple syrup Sliced ham Cucumbers/ranch Watermelon Rice krispy square ♥ PAWS Celebration 	Mini salad bar OR Whole wheat spaghetti w/meat sauce, tomato sauce ♥ or Cabot butter Anadama bread ♥ Green beans Tropical fruit salad	Yogurt & string cheese & whole wheat bun ♥ OR Cheesy flatbread pizza ♥ Peas Raw veggies VT apple
21	22	23	24	25
Whole grain cheese pizza OR Sweet & sour chicken ♥ Brown rice with Cabot butter Steamed broccoli Pineapple	Oven grilled cheese OR Bagel bar (ham, cream cheese, all the fixings) Toss salad Applesauce ♥	Mini salad bar OR Turkey & cheese wrap Sweet potato fries Fresh fruit	Mini salad bar OR Nachos Cheese & meat sauce Corn Grapes Beatnik cake ♥	Cheese pizza sticks OR Sloppy joe ♥ on a whole wheat bun ♥ Veggie sticks/ranch Fresh fruit
28	29	30	31	1
NO SCHOOL	Tuna on a whole wheat bun ♥ OR VT Hamburger/cheeseburger on a whole grain bun ♥ Dill pickles Raw veggies/ranch Watermelon Picnic on the floor	Mini salad bar OR French toast Underhill VT maple syrup Sliced ham Oven potatoes Fresh fruit	Mini salad bar OR Pasta bar (whole wheat spaghetti or whole wheat rotini) (cheese sauce, tomato sauce ♥, or Cabot butter) French bread ♥ Green beans Sliced peaches	Whole wheat bagel with cream cheese & sliced turkey OR Cheese or Hawaiian pizza ♥ Fresh veggies/ranch Fruit