



# Elkhorn Public Schools Secondary Lunch Menu



**May  
2009**

MENU IS SUBJECT TO  
CHANGE WITHOUT NOTICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>MAY</b> <b>HARVEST OF THE MONTH</b> Rhubarb Asparagus Wheat Berries</p>				<p>1 <b>HAPPY MAY DAY</b></p> <p>BBQ Pork Sandwich Potato Wedges Choice of Milk</p> <p><i>Happy Birthday Cake</i></p>
<p>4</p> <p>Chicken Nuggets Mashed Potatoes &amp; Gravy Glazed Carrots Wheat Dinner Roll Choice of Milk</p>	<p>5 <b>CINCO de MAYO</b></p> <p>Chicken &amp; Cheese Quesadilla Southwestern Salad Choice of Milk <b>Churro</b></p>	<p>6</p> <p>Cheese Bread with Marinara Sauce Caesar Salad Choice of Milk</p>	<p>7</p> <p>French Toast Sticks Sausage Patty Tri-Tator Choice of Milk</p>	<p>8</p> <p>Grilled Chicken Patty on Wheat Bun Sweet Potato Fries Choice of Milk</p>
<p>11</p> <p>Country Fried Steak Mashed Potatoes &amp; Gravy <b>Asparagus</b> Wheat Dinner Roll Choice of Milk</p>	<p>12</p> <p>Hot Dog on a Bun Baked Beans Choice of Milk</p>	<p>13</p> <p>Chicken Strip Basket Curly Fries <b>Rhubarb Crisp</b> Choice of Milk</p>	<p>14</p> <p>Homemade Lasagna Caesar Salad Garlic Bread Choice of Milk</p>	<p>15</p> <p>Meatball Sub Sandwich Green Beans <b>Wheat Berry Waldorf Salad</b> Choice of Milk</p>
<p>18</p> <p>Cook's Choice Choice of Vegetable Choice of Fruit Choice of Milk</p>	<p>19 <b>Last Day for Lunch</b></p> <p>Cook's Choice Choice of Vegetable Choice of Fruit Choice of Milk</p>	<p>20</p> <p><b>Last Day of School</b></p> <p><b>No Lunch Served</b></p>	<p>21</p> <p><b>Have a Great Summer!!!</b></p>	<p>22</p>
<p>25 <b>MEMORIAL DAY</b></p>	<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>

Prepared from Scratch    
 Contains Pork    
 Vegetarian Entrée    
 Harvest of the Month

Elementary \$1.85  
 Secondary \$2.10  
 Reduced \$0.40  
 Extra Milk \$0.40  
 Adult \$2.75

Free & Reduced-Meal forms can be obtained from all building offices at any time throughout the school year.

To check the balance in your account or for additional information, contact:  
**Kim Becker, Director**  
289-0443

**FOOD 4 LIFE**  
*Thought*

**Eat Rainbow Every Day**

Fruits and vegetables come in terrific colors and flavors, but their real beauty is what's inside.

Fruits and vegetables are great sources of vitamins, minerals and other natural substances.

Eating fruits and vegetables of different colors gives your body a wide range of valuable nutrients.

Some examples include green spinach, orange sweet potatoes, black beans, yellow corn, purple plums, red watermelon, and white onions.

For more variety, try new fruits and vegetables regularly.

**Fruit & Vegetable Bar**

Fresh vegetables plus fresh and canned fruits are available daily with lunch from the **Fruit & Vegetable Bar**

Milk Choice of 1%, Skim and Skim Chocolate offered daily with Lunch