



MAY 2015



Elementary Breakfast & Lunch Menus

CHEF MANNY PANDA'S NUTRITION FACTS



May Promotions

It is the last month of school and we are happy to finish off the year with three nutrition promotions. For our **"Fruit of the Month"** we have chosen the strawberry: good in oatmeal, plain yogurt, or all by themselves! Strawberries are naturally sweet and an excellent source of vitamin C and fiber.

Try-It Tuesday - We are also featuring a **Turkey Burger** into our menu. Similar to the hamburger on our menu, turkey burgers are packed with protein.

Finally, look for the new **Mediterranean Chicken Salad** that will be featured on our menu. Some experts consider the Mediterranean diet the healthiest on the planet! We hope you agree.

Food and Nutrition Services Director:
Althea Albert-Santiago, 314-345-4519;
SFE Director of Dining Services:
Mike Butler, 314-381-4155
**SFE Associate Director of Nutrition
Operations:** Megan Fraley, 314-381-4155



PUTTING CHILD NUTRITION FIRST!

Due to our constant pursuit of excellence SFE will enhance our menus through students' feedback, surveys, parent meetings, recipe development and market trends.



SLPS Elementary Breakfast



Fresh Fruit and Vegetable Bar Served Daily!

Monday

Tuesday

Wednesday

Thursday

Friday

Served Every Day ...

Assorted WG Low-Sugar Cereal
WG Toast and Margarine/Jelly



May 2015

4- Apple Frudel **V**
Apple Juice, Diced Pears

5- Egg & Turkey Sausage
Taco w/ Salsa
Orange Juice, Applesauce

6- Banana Loaf **V**
Grape Juice, Pineapple
Tidbits

7- Pancakes & Turkey
Sausage
Apple Juice
Sliced Peaches

1- Turkey Ham, Egg, &
Cheese Quesadilla w/Salsa
Fresh Banana
Orange Juice

8- Breakfast Turkey Sausage
Pizza
Fresh Banana
Orange Juice

11- Mini Cinnamon Roll **V**
Apple Juice, Pineapple
Tidbits

12- Egg & Turkey Sausage
English Muffin Sandwich
Orange Juice, Applesauce

13- Mini Blueberry Pancakes
w/ syrup **V**
Grape Juice, Mandarin
Oranges

14- Cinnamon Raisin Bagel
w/ cream cheese **V**
Apple Juice
Sliced Peaches

15- Turkey Ham, Egg, &
Cheese Quesadilla w/ Salsa
Orange Juice
Fresh Banana

18- No School

19- Whole-grain Cinnamon
Roll **V**
Grape Juice, Pineapple
Tidbits

20- Waffles w/ syrup **V**
Fresh Banana, Orange Juice

21- Pineapple & Vanilla
Yogurt Parfait **V**
Apple Juice
Diced Pears

22- Breakfast on a Stick **V**
Orange Juice
Pineapple Tidbits

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Elementary School Menu Prices:

Student Second Lunch \$1.10	Student Second Breakfast \$1.10
Adults Lunch \$2.50	Adult Breakfast \$2.25
	Milk \$0.40

First Meals for both Breakfast and Lunch are Free

Menu is subject to change
SLPS is a pork-free district
All recipes made with whole grains
Vegetarian items **V**

Milk

Reduced Fat Milk Variety
Offered Daily

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SLPS

Elementary Lunch

Fresh Fruit and Vegetable Bar Served Daily!



Monday

Tuesday

Wednesday

Thursday

Friday


Look for our "Fruit of the Month": Strawberries!


Strawberries are a great source of fiber and vitamin C.



1- Turkey Sausage Pizza
Grilled Cheese Sandwich **V**
Crispy Chicken Salad
Green Peas

4- Turkey Taco Salad
Chicken Burrito
Southwest Veggie Wrap **V**
Crinkle Cut Carrots


5- Turkey & Cheese Sub
Turkey Burger (NEW ITEM!)
BBQ Chicken Salad 
Corn Kernels

6- Egg, Turkey Ham and
Cheese Bagel Sandwich
(Breakfast for Lunch!)
Crispy Chicken Salad 
Cheese Quesadilla **V**
Country Style Potatoes

7- Chicken Caesar Salad
Hamburger
Chicken Teriyaki w/ Brown
Rice
5 Way Vegetables
Fresh Strawberries 

8- Grilled Chicken Garden
Salad
Turkey Hot Dog
Cheese Pizza **V**
Green Beans

11- Beef Ravioli w/ Roll
Garden Salad **V**
Orange Chicken w/ Rice
Fresh Steamed Broccoli

12- Chicken Tenders w/ Roll
Bean & Cheese Burrito **V**
Mediterranean Chicken Salad
(NEW ITEM!) 
Sweet Potato Fries

13- Southwest Chicken Salad
Beefy Nachos
Grilled Cheese Sandwich **V**
Corn Kernels

14- Ranch Chicken Patty
Sandwich
BBQ Chicken Wrap
Turkey Ham & Cheese Salad
Tater Gem

15- Crispy Chicken Salad
Cheese Pizza **V**
BBQ Chicken Pizza
Turkey Corn Dog
5 Way Vegetables

18- No School

19- Chef Salad
Grilled Turkey Ham & Cheese
Sandwich
Sweet & Sour Chicken w/ Rice
Green Beans

20- Turkey Ham & Cheese
Salad
Turkey & Cheese Wrap
Cheese Pizza **V**
Seasoned Sweet Potato Fries

21- Grilled Cheese Sandwich **V**
Southwest Chicken Salad
Turkey Hot Dog
Fresh Steamed Broccoli

22- Spicy Chicken Caesar Salad
Pretzel Bun Grilled Cheese
Sandwich **V**
Spicy Chicken Sandwich
Tater Gem

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*Grilled cheese
for vegetarian
upon request



This month we will be offering pizza made with sauce from local tomatoes. Local vegetables are fresher, more nutritious, and support farmers in our area!



Milk

Reduced Fat Milk Variety
Offered Daily

May 2015

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