



MAY 2015



Middle School 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 Middle School 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



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

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

8- Breakfast Turkey Sausage Pizza
Fresh Banana
Orange Juice

11- Mini Cinni Roll **V**
Apple Juice
Pineapple Tidbits

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

13- Mini Blueberry Pancakes **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 **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

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

May 2015

Middle School Menu Prices:

Student Second Lunch \$1.20	Student Second Breakfast \$1.20
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

The U.S. Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal and, where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or if all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.) If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program-intake@usda.gov. Individuals who are deaf, hard of hearing, or have speech disabilities and wish to file either an EEO or program complaint please contact USDA through the Federal Relay Service at (800) 877-8339 or (800) 845-6136 (in Spanish). Persons with disabilities who wish to file a program complaint, please see information above on how to contact us by mail directly or by email. If you require alternative means of communication for program information (e.g., Braille, large print, audiotape, etc.) please contact USDA's TARGET Center at (202) 720-2600 (voice and TDD). USDA is an equal opportunity provider and employer.



SLPS

Middle School 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.



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!



- 1- Cheese Pizza **V**
- Crispy Chicken Salad
- Cheeseburger
- Chicken Alfredo Pizza
- Orange Chicken w/ Rice
- 5 Way Mixed Vegetables

May 2015

- 4- Cheese Pizza **V**
- Spicy Chicken Sandwich
- Beef Ravioli w/ Roll
- Turkey Ham & Cheese Salad
- Supreme Pizza
- Sweet Potato Fries

- 5- Cheese Pizza **V**
- Turkey Burger (NEW ITEM!)**
- Chicken Salad w/ Crackers
- Turkey Ham & Cheese Pizza
- Sweet & Sour Chicken w/ Rice
- Italian Mixed Vegetables



- 6-Cheese Pizza **V**
- Spicy Chicken Pizza
- Egg, Turkey Ham and Cheese
- Bagel Sandwich (**Breakfast for Lunch!**)
- Italian Chicken Salad
- Beef Nachos
- Diced Country Potatoes



- 7- Cheese Pizza **V**
- Spicy Chicken Sandwich
- Chicken Caesar Salad
- BBQ Chicken Pizza
- Sloppy Joe Sandwich
- Green Beans

Fresh Strawberries



- 8- Cheese Pizza **V**
- Crispy Chicken Salad
- Chicken Alfredo Pizza
- Chicken Teriyaki w/ Brown Rice
- Turkey Ham & Cheese Sub
- Tater Gem

- 11- Cheese Pizza **V**
- Spicy Chicken Sandwich
- Chef Salad w/ Roll
- Garlic & Herb Fish Patty w/ Roll
- Supreme Pizza
- Seasoned Potato Wedges

- 12- Cheese Pizza **V**
- Cheeseburger
- Buffalo Chicken Pizza
- Sweet & Sour Chicken w/ Rice
- Mediterranean Chicken Salad (NEW ITEM!)**
- Fresh Steamed Broccoli



- 13- Cheese Pizza **V**
- Hamburger
- Spicy Chicken Pizza
- BBQ Chicken Salad
- Beef Nachos
- Green Beans

- 14- Cheese Pizza **V**
- Spicy Chicken Sandwich
- Country Fried Steak w/ Roll
- Pepperoni & Jalapeno Pizza
- Chicken Caesar Salad
- Crinkle Cut Carrots

- 15- Cheese Pizza **V**
- Crispy Chicken Salad
- Chicken Alfredo Pizza
- Meatball Sub
- Beef & Broccoli Stir Fry w/ Brown Rice
- 5 Way Mixed Vegetables

18- No School

- 19- Cheese Pizza **V**
- Cheeseburger
- Turkey Taco Salad
- Orange Chicken w/ Rice
- Buffalo Chicken Pizza
- Italian Mixed Vegetables

- 20- Cheese Pizza **V**
- Spicy Chicken Pizza
- Fish Patty Sandwich
- BBQ Chicken Salad
- Beef Nachos
- Crinkle Cut Carrots

- 21- Cheese Pizza **V**
- Spicy Chicken Sandwich
- Pepperoni & Jalapeno Pizza
- Chicken Caesar Salad
- Beef Ravioli w/ Roll
- Tater Gem

- 22- Cheese Pizza **V**
- Cheeseburger
- Hawaiian Pizza
- Turkey Ham & Cheese Salad
- Chicken Teriyaki w/ Brown Rice
- Mexicorn

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

*Grilled cheese for vegetarian upon request



Milk

Reduced Fat Milk Variety Offered Daily

The U.S. Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal and, where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or if all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.) If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr-usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program-intake@usda.gov. Individuals who are deaf, hard of hearing, or have speech disabilities and wish to file either an EEO or program complaint please contact USDA through the Federal Relay Service at (800) 877-8339 or (800) 845-6136 (in Spanish). Persons with disabilities who wish to file a program complaint, please see information above on how to contact us by mail directly or by email. If you require alternative means of communication for program information (e.g., Braille, large print, audiotape, etc.) please contact USDA's TARGET Center at (202) 720-2600 (voice and TDD). USDA is an equal opportunity provider and employer.