



# MAY 2015



## Nottingham 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 two 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.

**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

## Nottingham 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



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

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

18- No School

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

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

19- Whole-grain Cinnamon  
Roll **V**  
Grape Juice  
pineapple Tidbits

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

13- Mini Blueberry Pancakes **V**  
Grape Juice  
Mandarin Oranges

20- Waffles **V**  
Fresh Banana  
Orange Juice

7- Pancakes & Turkey Sausage  
Apple Juice  
Sliced Peaches

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

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

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

8- Breakfast Turkey Sausage  
Pizza  
Fresh Banana,  
Orange Juice

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

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

## Nottingham 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- Rotini Marinara w/breadstick  
Chef Salad  
Steamed Broccoli  
Carnival Cookie

4- Fish Patty Sandwich  
Ham & Cheese Sandwich  
Chef Salad w/ Roll  
Crinkle Cut Carrots

5- Chef Salad w/ Roll  
**Turkey Burger (NEW ITEM!)**  
Grilled Cheese Sandwich **V**  
Sweet Potato Fries



6- Egg, Turkey Ham and Cheese  
Bagel Sandwich (**Breakfast for Lunch!**)  
Chef Salad w/ Roll  
Ham & Cheese Sandwich  
Diced Country Potatoes



7- Turkey Sandwich  
Chef Salad w/ Roll  
Country Fried Steak w/ Roll  
Braised Mustard Greens  
**Fresh Strawberries**



8- Cheese Pizza **V**  
BBQ Chicken Pizza  
Chef Salad w/ Roll  
5-Way Mixed Vegetables

11- Chicken Teriyaki w/ Brown Rice  
Grilled Cheese Sandwich **V**  
Chef Salad w/ Roll  
Tater Gem

12- Baked Rotini w/ Vegetables & Breadstick **V**  
Turkey Ham Sub  
Chef Salad w/ Roll  
Green Peas

13- Turkey & Cheese Sandwich  
Chef Salad w/ Roll  
Sloppy Joe Sandwich  
Corn Kernels

14- Turkey Ham Macaroni & Cheese  
Fish Patty Sandwich **V**  
Chef Salad w/ Roll  
Green Beans

15- Pepperoni Pizza  
Cheese Pizza **V**  
Chef Salad w/ roll  
5-Way Mixed Vegetables

18- No School

19- Baked Rotini w/ Vegetables & Breadstick **V**  
Turkey Ham Sub  
Chef Salad w/ Roll  
Green Peas

20- Grilled Cheese Sandwich  
Fish Patty Sandwich  
Chef Salad w/ Roll  
Corn Kernels

21- Meatloaf  
Turkey & Cheese Sandwich  
Chef Salad w/ Roll  
Italian Mixed Vegetables

22- Cheese Pizza **V**  
BBQ Chicken Pizza  
Chef Salad w/ Roll  
Green Beans

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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

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