

# East Meadow Lunch Menu

## June 2010

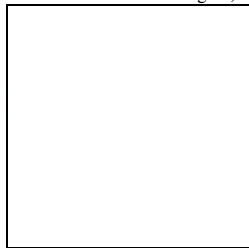
31 <b>No School</b>  <b>Memorial Day</b>	1 Chicken Teriyaki Dippers Seasoned Rice Steamed Broccoli Mandarin Oranges Fortune Cookies Choice of Low-Fat Milk	2 Breakfast for Lunch French Toast Sticks w/ Sausage Oven Baked Tater Tots Orange Juice Apple Slices Choice of Low-Fat Milk	3 Baked Chicken Tenders Baked Potato Wedges Chilled Peaches Choice of Low-Fat Milk	4 <b>Cheese or Pepperoni Pizza*</b> Fresh Zucchini Sticks w/Ranch Dip Blueberries Choice of Low-Fat Milk
7 <b>Balanced Choices Meal:</b> Chicken Soft Tacos Lettuce & Tomatoes Cheese and Salsa White Rice Chilled Pears Choice of Low-Fat Milk	8 2 Italian Meatballs in Sauce with Cheese Lasagna Tossed Salad w/ Fresh Spinach & Low Fat Dressing Fresh Apples Choice of Low-Fat Milk	9 BBQ Chicken Mashed Potatoes Steamed Corn Whole Wheat Roll Chilled Mixed Fruit Low-Fat Milk	10 <b>Balanced Choices Meal:</b> <b>Chicken Patty*</b> Sandwich Baked Potato Wedges Chilled Peaches Choice of Low-Fat Milk	11 <b>Cheese or Pepperoni Pizza*</b> Cucumber Wheels w/ Ranch Dip Chilled Mixed Fruit Choice of Low-Fat Milk
14 Breakfast for Lunch Pancakes w/ Sausage Oven Baked Tater Tots Orange Juice Apple Slices Choice of Low-Fat Milk	15 Flame Broiled Cheese/Hamburger on a Bun, Baby Carrots w/LF Ranch Dip Oven Baked Fries Watermelon Choice of Low-Fat Milk	16 Italian Cold Cut Sub w/Cheese Goldfish Crackers Fresh Baby Carrots w/ LF Ranch Dip Chilled Fruit Choice of Low-Fat Milk	17 <b>East Meadow Field Day</b>	18 Last Day of Lunch <b>Cheese or Pepperoni Pizza*</b> Choice of Vegetables and Fruits Choice of Low-Fat Milk  <b><u>NO Alternates</u></b>
21 Last Day of School Half Day No Lunch				
<b>Have a safe and wonderful summer vacation. We will see you in September.</b>				
<i>Mondays:</i> <b>Cheese Pizza or Entrée Salad</b>	<i>Tuesdays:</i> <b>Chicken Nuggets or Entrée Salad</b>	<i>Wednesdays:</i> <b>Cheeseburger or Entrée Salad</b>	<i>Thursdays:</i> <b>VEGGIE BURGER or Entrée Salad</b>	<i>Fridays:</i> <b>Chicken Patty Sandwich or Entrée Salad</b>
<i>Mondays:</i> Cereal Fun Lunch: Golden Grahams or Frosted Mini Wheat Cereal* w/ String Cheese, Fruit, 100% Fruit Juice, and Milk	<i>Tuesdays:</i> Cold Pizza Bagel Fun Lunch (Bagel, Pizza Sauce & Shredded Cheese or String Cheese), Fruit, and Milk	<i>Wednesdays:</i> <b>Balanced Choices Meal:</b> Bagel with Yogurt and Cheese Fun Lunch Fruit, 100% Fruit Juice, and Milk	<i>Thursdays:</i> <b>Balanced Choices Meal:</b> Junior Turkey & Cheese Sub w/ Graham Crackers, Fresh Cut Oranges, 100% Fruit Juice, and Milk	<i>Fridays:</i> Cold Nachos Fun Lunch: Crispy Tortilla Shell Rounds* w/ Shredded Cheddar, Salsa, Fruit, and Milk

\*This menu item is made with whole grain.

Daily Milk Choices Include: Skim White, Low Fat White, Low Fat Chocolate, and Low Fat Strawberry

If you have questions or comments please contact the School Food Service Office at 467-3688 or Andrew Stratton, Director of Dining Services at [Andrew.stratton@compass-usa.com](mailto:Andrew.stratton@compass-usa.com)

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