

# 2011-2012 MAYFIELD ELEMENTARY Menu

## Lunch Menu Week One

### Monday

- Baked Chicken Nuggets
- Oven Baked Fries
- Cinnamon Applesauce
- MOO'kie Cookie
- Milk

### Tuesday

- Flame Broiled Burger or Cheeseburger on a Bun
- Cheesy O's Snack Cracker
- Mini Carrots w/Ranch Dip
- Apple Juice
- Milk

### Wednesday

- Chicken Dipper w/ Dipping Sauce
- Corn on the Cob
- Fresh Fruit of the Day
- Keebler® Animal Crackers
- Milk

### Thursday

- Barilla Penne Pasta w/ Marinara Sauce
- Breaded Mozzarella Stix
- Fresh Fruit of the Day
- Fruit-Filled Cookie
- Milk

### Friday

- Slice of Cheese Pizza
- Garden Tossed Salad
- Pretzel Rod
- Shape-Up Fruit Juice Bar
- Milk

## Week Two

### Monday

- Oven Baked Chicken Fries
- Potato Triangle
- Celery Sticks
- Diced Peaches
- Milk

### Tuesday

- French Toast Sticks w/Syrup
- Turkey Sausage Link
- Orange Juice
- Rice Krispie® Treat
- Milk

### Wednesday

- Baked Chicken Patty on Wheat Bun
- Rold Gold Pretzels
- Fresh Fruit of the Day
- Chocolate Pudding
- Milk

### Thursday

- Mini Corn Dogs (chicken)
- Seasoned Green Beans
- Roll
- Fresh Fruit of the Day
- Milk

### Friday

- Grilled Cheese Sandwich
- Veggie Sticks & Ranch
- Frito Lay Munchies
- Mandarin Orange Slices
- Milk

## Week Three

### Monday

- Baked Chicken Nuggets
- Steamed Vegetables
- Cinnamon Applesauce
- Keebler® Elf Graham
- Milk

### Tuesday

- Taco Salad Bar: w/ Nachos, Lettuce & Cheese
- Buttered Corn
- Fresh Fruit of the Day
- Milk

### Wednesday

- Popcorn Chicken on a Tossed Salad
- Fresh Fruit of the Day
- Garlic Breadstick
- "Curious George" Fruit Snacks
- Milk

### Thursday

- Creamy Mac & Cheese (reduced fat)
- Sugar Snap Peas
- Vanilla Pudding
- Milk

### Friday

- Slice of Cheese Pizza
- Garden Tossed Salad
- Pretzel Rod
- Shape-Up Fruit Juice Bar
- Milk

## Week Four

### Monday

- Breaded Chicken Drumstick (baked)
- Oven Baked Fries
- Diced Peaches
- Keebler® Bug Bite Graham
- Milk

### Tuesday

- All-Beef Hot Dog
- Mini Carrots w/Ranch Dip
- Pretzel Rod
- Grape Juice
- Milk

### Wednesday

- Homemade Chicken Noodle Soup
- Cheesy Breadstick
- Fresh Fruit of the Day
- Goldfish Graham
- Milk

### Thursday

- Bosco's Pepperoni Pizza Stick
- Veggie Sticks & Ranch
- Pineapple Tidbits
- Rice Krispie® Treat
- Milk

### Friday

- Grilled Cheese Sandwich
- Garden Tossed Salad w/Low-Fat Ranch of Italian
- Fresh Fruit of the Day
- Cheez-It® Scrabble Jr.
- Milk

### Teacher work days - no classes for students

TUESDAY, AUGUST 23, TUESDAY, NOVEMBER 8, FRIDAY, NOVEMBER 11, WEDNESDAY, NOVEMBER 23  
FRIDAY, JANUARY 20, FRIDAY, MARCH 23, FRIDAY, JUNE 8

### Daily Alternate Lunch Choice:

#### GRAB-N-GO BAGGED LUNCH -- \$2.55

Consists of: lowfat yogurt, bowl of reduced sugar cereal, strawberry whole grain cookie, fresh fruit, and milk.

### What does a School lunch provide?

- 1/3 of RDA for calories, Protein, Calcium, Iron, Vitamins A & C.
- 30% or less total fat • 10% or less Saturated fat
- All items are baked, not fried • Fresh fruit of the day is apple, orange slices, grapes, kiwi or banana
- Many whole grains incorporated in lunches

### Free and Reduced-Price Meal Applications

Families who meet certain federal income standards are eligible for free or reduced-price meal benefits. All children use a 'finger scan' so confidentiality is maintained and no child is overtly identified as receiving free or reduced-price meals. Applications for meal benefits are sent home in the information packet given out at the start of each school year. Only one application is needed for all students in a household. A new application must be completed for any family requesting assistance this school year. Go to [www.mayfield-schools.org](http://www.mayfield-schools.org) for more info.

### \*SPECIAL LUNCH DAYS Master Pizza Days

(Now made with a Whole Grain Crust)

SEPT. 6, OCT. 17, NOV. 28, JAN. 17,  
FEB. 21, APRIL 10, AND MAY 29

### Salad Bar Days:

OCT. 12, DEC. 14, FEB. 8, APRIL 11

### Holiday Menus:

THANKSGIVING TURKEY LUNCH NOV. 17 AND VALENTINES' DAY  
FEB. 14: heart nuggets, potatoes and fruit cup.

### Meal Prices

ELEMENTARY LUNCH	\$2.55
REDUCED LUNCH	\$0.40

### A la Carte Selections

FRESH SMALL SALAD	\$2.25
YOGURT/STRING CHEESE	\$0.50
BAKED CHIPS	\$0.75
CRACKERS/GRAHAMS	\$0.35-\$0.50

Only snacks that are low in fat, sugar, and sodium, and also provide valuable nutrients (Vit A or C, Calcium, Iron, Protein, or Fiber) are offered. There is a 2 snack limit at lunch time.

If you have questions regarding setting up an account or placing a permanent 'no a la carte' restriction on the lunch account, please call 440-995-7835. When submitting payment with a payment form, please indicate if you want the funds used for 'meals only' or 'meals and a la carte'.

### Drinks

LOW FAT OR FAT FREE MILK 1/2 PINT	\$0.50
BOTTLED 8OZ. WATER	\$0.75
CAPRI SUN 100% JUICE	\$0.75

### Lunch Meal Calendar

● Week One Meal Plan ● Week Two Meal Plan ● Week Three Meal Plan ● Week Four Meal Plan

August '11						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

September '11						
S	M	T	W	T	F	S
				1	2	3
4	5	6*	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

October '11						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12*	13	14	15
16	17*	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

November '11						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17*	18
19	20	21	22	23	24	25
26	27	28*	29	30		

December '11						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

January '12						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17*	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

February '12						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11*	12	13	14	15
16	17	18	19	20	21	22
23	24	25*	26	27	28	29
30	31					

March '12						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17*	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

April '12						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10*	11*	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

May '12						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

\*Indicates Special Lunch Day



June '12						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Menu is subject to change without notice due to new menu items, weather, food availability and price. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. (Not all prohibited bases apply to all programs.) To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call 800-795-3272 (TDD). USDA institution is an equal opportunity provider and employer.