

SHERMAN ELEMENTARY MENU - June 2014

WEEKLY ALTERNATES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Chef Salad/WG Bread *Cereal/Yogurt Plate (Available Mon, Fri) *Bagel/Yogurt Plate (Available Tues, Wed, Thurs)	2 Mozzarella Sticks Tomato Sauce Green Beans Assorted Fruit Vegetable Cup Choice Assorted Fruit Choice Milk	3 Oven Easy Chicken Mashed Potatoes Carrots Vegetable Cup Choice Assorted Fruit Choice Milk	4 WG Belgium Waffles w/Syrup Chicken Sausage Applesauce Vegetable Cup Choice Assorted Fruit Choice Milk	5 Spaghetti w/Hearty Meat Sauce Green Salad Vegetable Cup Choice Assorted Fruit Choice Milk	6 Pizza Tomato Salad w/Lite Dressing Vegetable Cup Choice Assorted Fruit Choice Milk	
Chef Salad/WG Bread *Cereal/Yogurt Plate (Available Mon, Fri) *Bagel/Yogurt Plate (Available Tues, Wed, Thurs)	9 Hamburger on WW Roll Sweet Potato Fries Corn Niblets Vegetable Cup Choice Assorted Fruit Choice Milk	10 Chicken Tenders Mashed Potatoes Red Beets Vegetable Cup Choice Assorted Fruit Choice Milk	11 Italian Dunkers Garlic Breadstick w/Sauce Green Beans Icy Juicy Vegetable Cup Choice Assorted Fruit Choice Milk	12 Hot Dog on WW Roll Baked Beans Oven Fries Vegetable Cup Choice Assorted Fruit Choice Milk	13 Cheese Quesadilla w/Salsa Corn Vegetable Cup Choice Assorted Fruit Choice Milk	
Chef Salad/WG Bread *Cereal/Yogurt Plate (Available Mon, Fri) *Bagel/Yogurt Plate (Available Tues, Wed, Thurs)	16 Nacho Rounds w/Season Meat & Salsa Carrots Vegetable Cup Choice Assorted Fruit Choice Milk	17 NO LUNCH SERVICE	18 NO LUNCH SERVICE	19 NO LUNCH SERVICE	20 NO LUNCH SERVICE	
Chef Salad/WG Bread *Cereal/Yogurt Plate (Available Mon, Fri) *Bagel/Yogurt Plate (Available Tues, Wed, Thurs)	19 Nacho Rounds w/Season Meat & Salsa Carrots Vegetable Cup Choice Assorted Fruit Choice Milk	20 NO LUNCH SERVICE	21 NO LUNCH SERVICE	22 NO LUNCH SERVICE	27 NO LUNCH SERVICE	
Chef Salad/WG Bread *Cereal/Yogurt Plate (Available Mon, Fri) *Bagel/Yogurt Plate (Available Tues, Wed, Thurs)	30 Chef Salad/WG Bread *Cereal/Yogurt Plate (Available Mon, Fri) *Bagel/Yogurt Plate (Available Tues, Wed, Thurs)					27 NO LUNCH SERVICE

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Menu Subject to Change

* = indicates meals cooked from scratch
 * = indicates vegetarian meal
 Bagel Plate includes: Whole Grain Bagel, cream cheese cup, 4oz. lowfat yogurt, string cheese, fresh veggie cup with hummus or daily veggie offering, fresh fruit
 Cereal Plate includes: Whole Grain Cereal, 4oz. lowfat yogurt, string cheese, fresh veggie cup with hummus or daily veggie offering, fresh fruit

All meals served with: Choice of 1% or skim white milk or fat free chocolate milk. Available daily: Fresh veggies cups/hummus, Fresh fruit and Rainbow fruit tray

Bottled Water \$1.00
 WM = Whole Muscle
 Milk \$.55
 WG = Whole Grain
 Elementary Lunch Price \$2.55
 WW = Whole Wheat
 WW = Whole Grain