

- F2S Farm to School Produce
- ☛ "Lighten up!" Lunch Choice (Salads made with reduced calorie dressings)
 - ☛ Vegetarian Entrees
 - ☛ All Turkey Products
 - ☛ Part Skim Mozzarella Cheese
 - ☛ Whole Grain
 - ☛ Not Boneless Chicken



MAY/JUNE 2012



Milk Available Each Day
 Skim Milk
 1% Lowfat White Milk
 Fat Free Chocolate Milk
 Fat Free Strawberry Milk



<http://www.sarasotacountychools.net>

SECONDARY CHARTER SCHOOLS



Please Note: Yogurt available daily as an entrée selection



MONDAY	TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4
 <p>All Rolls, Sandwich Breads, & Biscuits are Whole Grain</p>	<p>Cheeseburger</p> <ul style="list-style-type: none"> ☛ Chef Salad w/Muffin Broccoli w/Dip Orange Spicy Chicken Tenders 	<ul style="list-style-type: none"> ☛ Crispy Chicken w/ Roll ☛ Yogurt Parfait Spinach & Romaine Salad Peach Crisp Bosco Sticks 	<p><u>Nutrition Employee Appreciation Day</u></p> <ul style="list-style-type: none"> ☛ Chicken Fillet Sandwich Spring Salad w/Muffin Carrot Sticks w/Dip Banana Chicken Snack Wrap 	<p><u>"Cinco de Mayo" Celebration</u></p> <ul style="list-style-type: none"> ☛ Taco w/ Mexican Rice 1905 Salad ☛ Refried Beans Grapes Cheeseburger <p><i>FREE Smart Snack w/Meal Purchase</i></p>
<p>7</p> <ul style="list-style-type: none"> ☛ BBQ Pulled Pork Sandwich ☛ Spinach Salad w/ Cherry Muffin Steamed Broccoli Spiced Pears ☛ Uno's Pizza 	<p><u>Teacher Appreciation Day</u> 8</p> <ul style="list-style-type: none"> ☛ Cheese Quesadilla ☛ Vegetarian Taco Salad Green Beans Peach Crisp Chicken Patty Sandwich 	<p>9</p> <ul style="list-style-type: none"> ☛ Macaroni & Cheese w/Roll ☛ Oriental Chicken Salad Carrots w/Dip Grape Juice Bosco Sticks 	<p><u>Brunch for Lunch</u> 10</p> <ul style="list-style-type: none"> ☛ Pancakes w/Sausage Greek Salad Roasted Sweet Potatoes Cinnamon Apples Chicken Snack Wrap 	<p>11</p> <ul style="list-style-type: none"> ☛ Chicken Nuggets w/Biscuit ☛ Cobb Salad w/Spice Bread Baked Beans Mixed Fruit Cheeseburger
<p>14</p> <ul style="list-style-type: none"> ☛ Hot Ham and Cheese ☛ Chicken Caesar Salad Carrots w/Dip Applesauce ☛ Uno's Pizza 	<p>15</p> <ul style="list-style-type: none"> ☛ Grilled Cheese Sandwich ☛ Oriental Chicken Salad Tomato Soup Pears Spicy Chicken Tenders 	<p>16</p> <ul style="list-style-type: none"> ☛ Hamburger ☛ Spring Salad w/Muffin Lettuce & Tomato Orange Bosco Sticks 	<p>17</p> <ul style="list-style-type: none"> Nachos w/Chili & Cheese Potato w/Chili/Cheese/Roll ☛ Yogurt Parfait Steamed Broccoli Peaches Chicken Snack Wrap 	<p>18</p> <ul style="list-style-type: none"> Chicken Fillet Sandwich Greek Salad Spinach & Romaine Salad Pineapple Cheeseburger
<p>21</p> <ul style="list-style-type: none"> ☛ Crispy Chicken w/Biscuit ☛ Tuna Salad Platter Baked Beans Grapes ☛ Uno's Pizza 	<p>22</p> <ul style="list-style-type: none"> ☛ PBJamwich 1905 Salad F2S Corn on Cob Pears Chicken Patty Sandwich 	<p>23</p> <ul style="list-style-type: none"> ☛ Spaghetti w/Garlic Toast ☛ Cobb Salad w/Spice Bread Spinach & Romaine Salad Apples Bosco Sticks 	<p>24</p> <ul style="list-style-type: none"> ☛ Asian Style Chicken w/Brown Rice ☛ Chef's Salad w/B.B. Muffin Broccoli w/dip Mixed Fruit Chicken Snack Wrap 	<p>25</p> <ul style="list-style-type: none"> ☛ Turkey Sandwich Spring Salad w/Muffin Carrots w/Dip Cinnamon Apples Cheeseburger
<p>28</p> <p>MEMORIAL DAY</p> 	<p><u>Brunch for Lunch</u> 29</p> <ul style="list-style-type: none"> ☛ Pancakes w/Sausage ☛ Spring Salad w/Muffin Roasted Sweet Potatoes Peaches Spicy Chicken Tenders 	<p>30</p> <ul style="list-style-type: none"> ☛ PBJamwich Chicken Caesar Salad Carrots w/Dip Pineapple Bosco Sticks 	<p>31</p> <ul style="list-style-type: none"> ☛ Turkey Sandwich Cobb Salad Baked Beans Mixed Fruit Chicken Snack Wrap 	<p>June 1</p> <ul style="list-style-type: none"> ☛ Chicken Nuggets w/Biscuit ☛ Land O Lakes Cheese & Fruit Broccoli w/Dip Grapes Cheeseburger

This month we are featuring 2 new Entrees:

NEW!

CONFETTI PASTA
 A new pasta dish sure to become a hit, this dish features a pleasing mix of colorful vegetables such as kale, green peppers, garbanzo beans and tomatoes with pasta sauteed in a vegetable

NEW!

TURKEY-N-CORNBREAD BAKE
 A new version of a holiday favorite, this turkey & stuffing meal has a sweet addition baked right inside - diced sweet potatoes!

Fruits and Vegetables grown by the following Farms:

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|---------|---------|----------|
| GOODSON | VOYAGER | HUNSADER |
| TAYLOR | SUMPLY | GARGULIO |
| CHAPMAN | IPS | WILLIAMS |
| DUDA | J&K | OFELIA |
| ALLADIN | LEE | |

