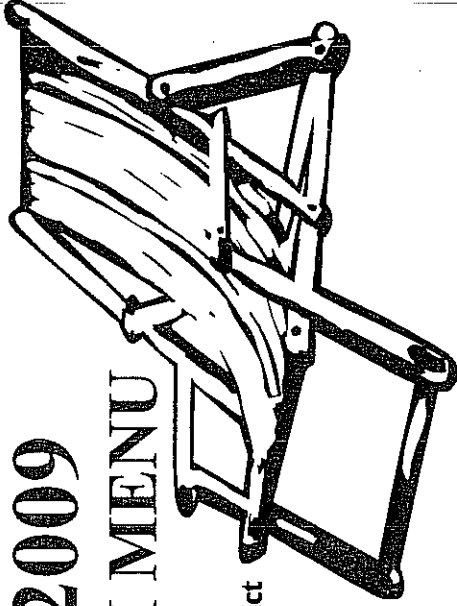
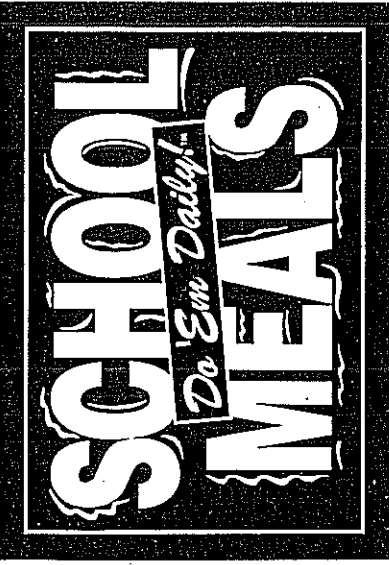


June 2009 LUNCH MENU



Edmonds School District
No. 15

*MAY CONTAIN PORK
**MEATLESS ENTREE



Mon., June 1

CHICKEN NUGGETS WITH A ROLL
OR
CHEESEBURGER
OR
CHEESE QUESADILLA**
BAKED CHEETOS
Tossed Salad
Fresh Vegetables
Fresh Fruit
Canned Fruit
Choice of Milk

Tue., June 2

SPAGHETTI WITH A ROLL
OR
CHICKEN BURGER
OR
BEAN & CHEESE BURRITO WITH A ROLL**
Tossed Salad
Fresh Vegetables
Fresh Fruit
Canned Fruit
Choice of Milk

Wed., June 3

FISH NUGGETS WITH A ROLL
OR
CHICKEN BURGER
OR
TACO HOT POCKET**
CHERRY TURNOVER
Tossed Salad
Fresh Vegetables
Fresh Fruit
Choice of Milk

Thur., June 4

MACHO NACHOS WITH A ROLL
OR
CHICKEN BURGER
OR
TOASTED CHEESE SANDWICH**
Tossed Salad
Fresh Vegetables
Fresh Fruit
Canned Fruit
Choice of Milk

Fri., June 5

PEPPERONI PIZZA* WITH A ROLL
OR
CHICKEN BURGER
OR S
STUFFED BREAD STICKS**
OATMEAL RAISIN COOKIE
Tossed Salad
Fresh Vegetables
Fresh Fruit
Canned Fruit
Choice of Milk

Nutrient Analysis - Weekly Average			
Calories	683	Sodium (mg)	1263
Calories from Fat	207	Calcium (mg)	455
% Calories from Fat	30%	Iron (mg)	5
Total Fat (gm)	23	Vitamin A (RE)	464
Cholesterol	56	Vitamin C (mg)	17
Carbohydrate (gm)	78	Fiber (gm)	7
Protein (gm)	31		

DID YOU KNOW???

VALUE - Our School Lunch (K-12) Includes Five Great Choices: **Milk** - 8 oz Fat Free Chocolate or 8 oz 1% White; **Grains** - All are Whole Grain or Whole Wheat; **Protein** - Poultry, Lean Beef, Fish, Pork, Cheese, Legumes; **Vegetables** - 2 Fresh Selections, self serve; **Fruit** - 1 Fresh Selection and 1 Canned Selection, both self serve. Students are encouraged to take all the fruits and vegetables they think they can eat during lunchtime!

NUTRITION - Our School Meals Are Balanced and Healthy. The Lunches served in the Edmonds School District are part of the National School Lunch Program and must meet nutrition guidelines, including: limiting fat and saturated fat in meals; providing one-third of the Recommended Dietary Allowance (RDA) of protein, calcium, iron and vitamins A and C; meeting the USDA Dietary Guidelines and served in age appropriate portions sizes providing the right balance of dairy, whole grains, protein, fruits and vegetables. For additional nutrient and allergy information about specific menu items, please visit our website at www.edmonds.wednet. Click on "Our Departments and Programs" and scroll down to "Food Service".

SUCCESS IN SCHOOL - Our School Meals Help Students Do Better In School. Action for Healthy Kids released a report in 2004 titled *The Learning Connection* which presented strong evidence on the potential adverse effects of poor nutrition on test scores, concentration, absenteeism and behavior. Research has shown that students who eat school meals perform their best academically.

Mon., June 8
 BEAN & CHEESE BURRITO**
 OR
 CHICKEN BURGER
 OR
 HOT DOG
 FRITOS
 Tossed Salad
 Fresh Vegetables
 Fresh Fruit
 Canned Fruit
 Choice of Milk

Tue., June 9
 TURKEY GRAVY OVER
 MASHED POTATOES
 WITH A ROLL
 OR
 CHEESEBURGER
 OR
 TEXAS TOAST**
 OREO COOKIES
 Tossed Salad
 Fresh Vegetables
 Fresh Fruit
 Canned Fruit
 Choice of Milk

Wed., June 10
 BBQ CHICKEN FILLET
 ON A BUN
 OR
 CHEESEBURGER
 OR
 MACARONI AND CHEESE**
 WITH A ROLL
 Tossed Salad
 Fresh Vegetables
 Fresh Fruit
 Canned Fruit
 Choice of Milk

Thur., June 11
 BBQ BEEF TENDERS
 WITH A ROLL
 OR
 CHICKEN BURGER
 OR
 CHEESE PIZZA**
 WITH A ROLL
 Tossed Salad
 Fresh Vegetables
 Fresh Fruit
 Canned Fruit
 Choice of Milk

Fri., June 12
 CHICKEN FRYZ WITH
 A ROLL
 OR
 CHEESEBURGER
 OR
 TACO HOT POCKET**
 Tossed Salad
 Fresh Vegetables
 Fresh Fruit
 Canned Fruit
 Choice of Milk

Nutrient Analysis - Weekly Average

Calories	649	Sodium (mg)	1178
Calories from Fat	198	Calcium (mg)	445
% Calories from Fat	31%	Iron (mg)	4
Total Fat (gm)	22	Vitamin A (RE)	419
Cholesterol	52	Vitamin C (mg)	19
Carbohydrate (gm)	89	Fiber (gm)	6
Protein (gm)	30		

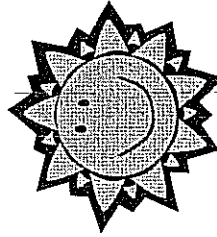
Mon., June 15
 MACHO NACHOS
 WITH A ROLL
 OR
 CHICKEN BURGER
 OR
 TEXAS TOAST**
 Tossed Salad
 Fresh Vegetables
 Fresh Fruit
 Peach Cup
 Choice of Milk

Tue., June 16
 WIENER WINK
 OR
 CHICKEN BURGER
 OR
 TOASTED CHEESE
 SANDWICH**
 SUN CHIPS
 Tossed Salad
 Fresh Vegetables
 Fresh Fruit
 Canned Fruit
 Choice of Milk

Wed., June 17
 RAVIOLI WITH A ROLL
 OR
 CHICKEN BURGER
 OR
 CHEESE QUESADILLA**
 GOT MILK COOKIES
 Tossed Salad
 Fresh Vegetables
 Fresh Fruit
 Canned Fruit
 Choice of Milk

Thur., June 18
 CHICKEN NUGGETS
 WITH A ROLL
 OR
 CHEESEBURGER
 OR
 STUFFED BREAD STICKS**
 Tossed Salad
 Fresh Vegetables
 Fresh Fruit
 Canned Fruit
 Choice of Milk

Fri., June 19
**EARLY
 RELEASE
 NO MEAL
 SERVICE
 TODAY**



Nutrient Analysis - Weekly Average

Calories	649	Sodium (mg)	1176
Calories from Fat	207	Calcium (mg)	428
% Calories from Fat	32%	Iron (mg)	4
Total Fat (gm)	23	Vitamin A (RE)	344
Cholesterol	49	Vitamin C (mg)	16
Carbohydrate (gm)	88	Fiber (gm)	7
Protein (gm)	29		

COMMENCEMENT DATES

May 29 - EHRG
 JUNE 10 - SHH
 JUNE 11 - MTH
 JUNE 12 - EWH
 JUNE 13 - LWH
 JUNE 13 - MDH



Menu subject to change due to product availability

Canadian coin not accepted	ELEMENTARY	SECONDARY
Student Breakfast	\$ 1.75	\$ 2.00
Student Lunch	3.25	4.00
Adult Lunch	\$ 5.00	\$ 5.00
Adult Breakfast	2.50	2.50
MILK	.50	.50
20 Student Breakfast (Pre-paid)	\$35.00	\$40.00
20 Student Lunch (Pre-paid)	\$65.00	\$80.00

The price for reduced cost meals is set by USDA. Breakfast is free and lunch is free for grades K-3 and 40-cents for preschool and grades 4-12. For more information visit edmonds.wednet.edu. This institution is an equal opportunity provider.

Use your
 credit card/
 debit card
 to pay for
 meals
 on-line!

Convenience
 Control
CONNECT!



Go to mylunchmoney.com and prepare for meals with your credit card or debit card. Just follow the online instructions. Questions call Food Service Office at 425-431-7080.

