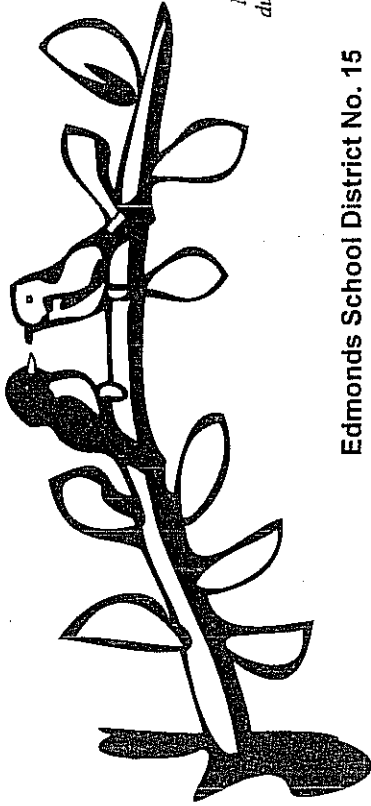


May 2009 LUNCH MENU



Edmonds School District No. 15

Mon., May 4

CORNDOG
OR
CHICKEN BURGER

OR

CHEESE QUESADILLA**

BAKED CHEETOS

Tossed Salad
Fresh Vegetables
Fresh Fruit
Canned Fruit

Choice of Milk

Tue., May 5

PEPPERONI PIZZA*
WITH A ROLL

OR

CHICKEN BURGER

OR

STUFFED BREAD STICKS**

OATMEAL RAISIN COOKIE

Tossed Salad
Fresh Vegetables
Fresh Fruit
Canned Fruit

Choice of Milk

Wed., May 6

FISH NUGGETS
WITH A ROLL

OR

CHICKEN BURGER

OR

TACO HOT POCKET**

Tossed Salad
Fresh Vegetables
Fresh Fruit
Canned Fruit

Choice of Milk

Thur., May 7

MACHO NACHOS
WITH A ROLL

OR

CHICKEN BURGER

OR

TOASTED CHEESE
SANDWICH**

Tossed Salad
Fresh Vegetables
Fresh Fruit
Canned Fruit

Choice of Milk

Fri., May 8

*Professional
Development Day*

No School

*Our teachers are
busy sharpening
their skills for
you!*

Mon., May 11

BEAN & CHEESE BURRITO**
WITH A ROLL

OR

CHICKEN BURGER

OR

HOT DOG

Corn
Tossed Salad
Fresh Vegetables
Fresh Fruit
Canned Fruit

Choice of Milk

Tue., May 12

HAMBURGER GRAVY OVER
MASHED POTATOES
WITH A ROLL

OR

CHICKEN BURGER

OR

TEXAS TOAST**

OREO COOKIES

Tossed Salad
Fresh Vegetables
Fresh Fruit
Canned Fruit

Choice of Milk

Wed., May 13

BBQ CHICKEN FILLET
ON A BUN

OR

CHEESEBURGER

OR

MACARONI & CHEESE**
WITH A ROLL

Tossed Salad
Fresh Vegetables
Fresh Fruit
Canned Fruit

Choice of Milk

Thur., May 14

SWEET & SOUR MEATBALLS
WITH RICE

OR

CHICKEN BURGER

OR

CHEESE PIZZA**
WITH A ROLL

Tossed Salad
Fresh Vegetables
Fresh Fruit
Canned Fruit

Choice of Milk

Fri., May 15

CHICKEN NUGGETS
WITH A ROLL

OR

CHEESEBURGER

OR

TACO HOT POCKET**

Tossed Salad
Fresh Vegetables
Fresh Fruit
Canned Fruit

Choice of Milk

Fri., May 1

TERIYAKI CHICKEN BITES
WITH RICE

OR

CHEESEBURGER

OR

BEAN & CHEESE BURRITO**
WITH A ROLL

CHOCOLATE CHIP COOKIE

Tossed Salad
Fresh Vegetables
Fresh Fruit
Canned Fruit

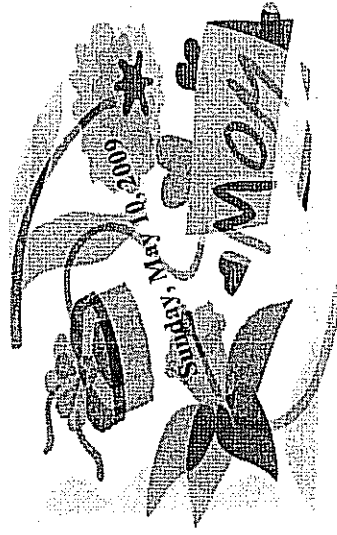
Choice of Milk

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.

Mother's Day



Our menus meet the guidelines for the USDA National School Lunch and Breakfast Programs. Nutrition information is available upon request.

Our menus, nutrition information and much more can be found on the district website at edmonds.wednet.edu.

Mon., May 18

MACHO NACHOS WITH A ROLL

OR

CHICKEN BURGER

OR

TEXAS TOAST**

Tossed Salad
Fresh Vegetables
Fresh Fruit
Canned Fruit

Choice of Milk

Tue., May 19

FISH NUGGETS

OR

CHICKEN BURGER

OR

STUFFED BREAD STICKS**

SUN CHIPS

Tossed Salad
Fresh Vegetables
Fresh Fruit
Canned Fruit

Choice of Milk

Wed., May 20

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., May 21

CHEESE PIZZA** WITH A ROLL

OR

CHICKEN BURGER

OR


BURRITO WITH CHILI AND A ROLL

Romaine Salads
Strawberry Cup
Choice of Milk

Menu by Mrs. Gordon's 1st Grade Class - Sherwood Elem.

Fri., May 22

Professional Development Day
No School




Our teachers are busy sharpening their skills for you!


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

Convenience Control CONNECT!

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



Mon., May 25



MEMORIAL DAY

No School Today

Tue., May 26

CHICKEN FRYZ WITH A ROLL

OR

CHEESEBURGER

OR

TEXAS TOAST**

Tossed Salad
Fresh Vegetables
Fresh Fruit
Canned Fruit

Choice of Milk

Wed., May 27

HOT DOG

OR

CHICKEN BURGER

OR

CHEESE PIZZA**

GARDEN SALSA SUN CHIPS

Tossed Salad
Fresh Vegetables
Fresh Fruit
Canned Fruit

Choice of Milk

Thur., May 28

MACARONI & CHEESE WITH A ROLL

OR

CHICKEN BURGER

OR

BBQ BEEF TENDERS** WITH A ROLL

Tossed Salad
Fresh Vegetables
Fresh Fruit
Canned Fruit

Choice of Milk

Fri., May 29

TERIYAKI CHICKEN BITES WITH RICE

OR

CHEESEBURGER

OR

BEAN & CHEESE BURRITO** WITH A ROLL

CHOCOLATE CHIP COOKIE


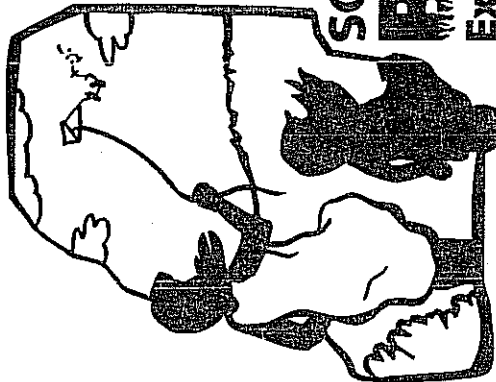
Tossed Salad
Fresh Vegetables
Fresh Fruit
Canned Fruit

Choice of Milk

PYRAMID PUZZLERS

EXPLORING THE SECRETS OF "MY PYRAMID"

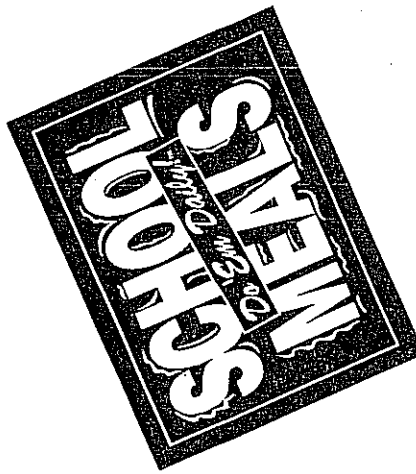
Q: In ancient Egypt, which vegetable did people place their hand on when they swore an oath?

Flying a kite is fantastic exercise on a windy spring day - and fun, too! Kite flying works your arms and legs (especially in a strong breeze!), and you can burn 300 calories in an hour.

SOMETHING'S BURNING

Exercise for good health



A: This Puzzler is really from the time of the pyramids! Ancient Egyptians swore on an onion, because they believed the onion's round shape represented eternity and truth.

LEARN MORE AT WWW.KIDSHEALTH.ORG/KID/STAY_HEALTHY/FOOD/PYRAMID.HTML