

MAY ~ 2012

BRANSON PRIMARY BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NEW MENU FORMAT! At Breakfast students choose one entrée group. Fruit & Milk are served with their entrée.	1 Yogurt Parfait 20g 1.25oz **Granola 26g <i>or</i> **Cereal (14-23g) Yogurt Parfait 20g Raisins 30g Milk	2 1/2c Scrambled Eggs 3g **1/2 English Muffin 14g <i>or</i> **Cereal (14-23g) **1/2 English Muffin 14g Orange Juice Milk	3 2.1oz**Biscuit & 3oz Gravy 34g <i>or</i> **Cereal (14-23g) **Fruit Turnover 44g Apple Wedges 19g Milk	4 **French Toast Sticks 28g with Syrup <i>or</i> **Cereal (14-23g) **Toast 7g Pears 20g Milk
7 **Blueberry Pancake Wrap 24g <i>or</i> **Cereal (14-23g) **Poptart 37g Mixed Fruit 18g Milk	8 **Fruit Frudel 36g <i>or</i> **Cereal (14-23g) Yogurt 19g Grapes 15g Milk	9 Egg & Cheese Hot Pocket 17g <i>or</i> **Cereal (14-23g) **1/2 English Muffin 14g Applesauce 21g Milk	10 **Ham & Chz Biscuit 26g <i>or</i> **Cereal (14-23g) **Fruit Turnover 44g Peaches 17g Milk	11 2pcs **Pancakes 25g with Syrup <i>or</i> **Cereal (14-23g) **Toast 7g Tropical Fruit 12g Milk
14 **Waffle 32g Sausage Patty 2g **Cereal (14-23g) **Strawberry or Apple Delight 27g Pears 20g Milk	15 **Breakfast Cookie 44g <i>or</i> **Cereal (14-23g) Yogurt 19g Banana 15g Milk	16 1/2c Scrambled Eggs 3g Sausage 2g <i>or</i> **Cereal (14-23g) **1/2 English Muffin 14g Mixed Fruit 18g Milk	17 **Egg & Cheese Biscuit 23g <i>or</i> **Cereal (14-23g) **Fruit Turnover 44g 3pcs Orange Wedges 15g Milk	18 **Cinnamon French Toast 32g with Syrup <i>or</i> **Cereal (14-23g) **Pastry Cinnamon Apples 20g Milk
21 Cooks Choice Fruit Milk	22 Cooks Choice Fruit Milk	23 Happy Summer!!	24 Happy Summer!!	25 Happy Summer!!
28 Happy Summer!! Memorial Day!	29 Summer School Starts! May 29 - June 1 June 4 - 7 June 11 - 14 ALL MEALS ARE FREE DURING SUMMER SCHOOL!!	30 BREAKFAST PRICES Full Price -\$1.00 Reduced -\$0.30 Adult -\$1.50 Please keep a positive balance in your child's account!	31 White Skim - 11g Chocolate Skim - 24g Juice - 4 oz Apple - 15g Grape - 22g Orange - 14g	Breakfast Portions: Fruit - 1/2 cup -Carb counts are estimates based on minimum serving-

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BRANSON PRIMARY LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 5pcs **Chicken Nuggets 13g Mashed Potatoes 8g Chicken Gravy 5g Baby Carrots w/dip 6g Fruit Trail Mix 23g	2 **Cheeseburger 25g Potato Wedges 11g Corn 9g Apple Wedges 19g	3 Pizza Dippers 29g 1/2c Salad w/dressing 8g Peaches 30g **Cherry Crisp 34g	4 Tangerine Chicken 27g **Fried Rice 25g Mixed Vegetable 8g Pears 15g
7 **French Toast 32g 2pcs Sausage Patties 4g Orange Wedges 15g Fruit Shape Up 15g	8 Popcorn Chicken 13g **Creamy Chicken & Rice 25g Peas 8g Peaches 9g	9 Chicken Teriyaki 17g **Steamed Rice 22g Mixed Vegetable 8g Pineapple 8g	10 **Pork Tacos 20g Refried Beans 10g Kiwi Fruit 8g Sherbet Cup 27g	11 **Hamburger 23g Calico Tots 16g Cucumbers w/dip 8g Orange Wedges 15g
14 Shrimp Poppers or Fish Shapes Potato Wedges Green Beans 6g Pears 15g	15 3pcs Mini Chicken Tacos 25g Black Bean Salad 15g Mixed Vegetable 8g Watermelon 15g	16 **Hot Dog 23g Goldfish 14g Baby Carrots w/dip 6g Gripz Grahams 19g Water Day Party!	17 Smart Pizza 36g 1/2c Salad w/dressing 8g Applesauce 11g Dessert	18 Cooks Choice 
21 Cooks Choice	22 NO LUNCH Early Dismissal! Last day of School!	23 Happy Summer!!	24 Happy Summer!!	25 Happy Summer!!
28 Happy Summer!! Memorial Day!	29 Summer School Starts! May 29 - June 1 June 4 - 7 June 11 - 14 ALL MEALS ARE FREE DURING SUMMER SCHOOL!!	30 LUNCH PRICES Full Price -\$1.50 Reduced -\$0.40 Adult -\$2.50 Menu may change without notice.	31 Lunch Portions: Fruit & Vegetables = 1/4 c Rice & Pasta = 1/2 c Potatoes = 2oz <i>unless noted otherwise</i>	** = Whole Grain Rich -Carb counts are estimates based on minimum serving-