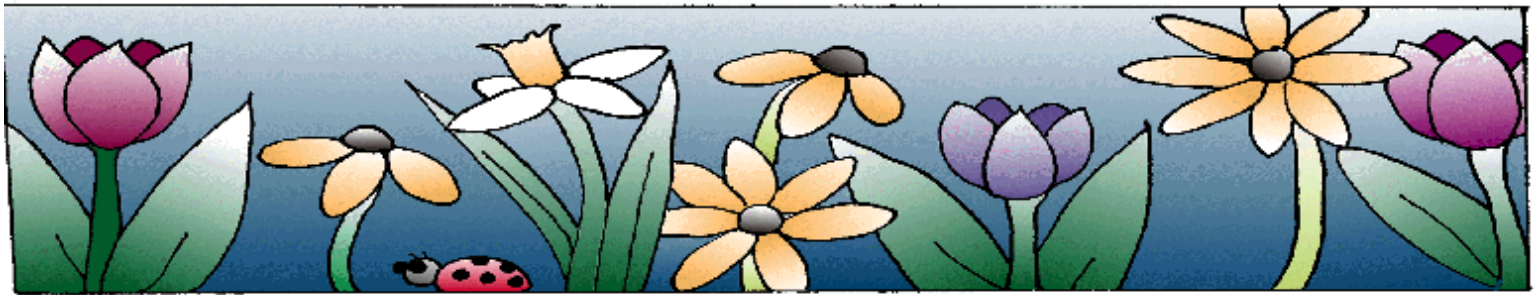










June 2010 Elementary/KMS/GHS District Menu



Account Balance: Please access your account on-line at www.Germantownschools.org. Make checks payable to: Germantown Food & Nutrition and include your Family ID.

The Food and Nutrition Department is currently accepting applications for on-call substitutes and servers. If interested, please apply at the District Office.

Director, Food & Nutrition Dept: Sue Uselding 262-253-3419

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<p>MacArthur Breakfast Served 8:25 - 8:45 \$1.00 Student \$1.75 Adult Monday: Yogurt & Cereal Tuesday: Chocolate Chip Muffin & Cereal Wednesday: Cinnamon French Toast w/Cereal Thursday: Cheesestick & Cereal Friday: Blueberry Muffin & Cereal Breakfast includes Milk & 100% Juice Box</p> <p>GHS Breakfast: Asst. Items \$1.25 Student/\$1.75 Adult Breakfast includes Milk & Juice</p>	<p>1 Taco Nachos w/Meat & Cheese Sauce Mini Corn Puppies Creamy Macaroni & Cheese Seasoned Green Beans Seasonal Fresh Fruit Bag of Clodhoppers* *May Contain Tree Nuts*</p>  <p>An Additional Entree will be served at KMS/GHS.</p>	<p>2 Cinnamon French Toast w/Scrambled Eggs & Ham Rib-B-Que Sandwich Crispy Baked Tri Tater Apple & Cherry Juice Cinnamon Applesauce</p>  <p>KMS & GHS Big Daddy Pizza</p>	<p>3 Turkey & Gravy Chicken Nuggets Whipped Potatoes w/Gravy Crispy Garden Salad w/Assorted Dressings Breadstick Chilled Peaches</p>  <p>An Additional Entree will be served at KMS/GHS.</p>	<p>4 Cheese Filled Breadsticks w/Marinara Submarine Sandwich (Elementary Only) w/Shredded Lettuce Baked Tater Tots Small Bag of Carrots Seasonal Fresh Fruit</p>  <p>An Additional Entree will be served at KMS/GHS.</p>	<p>Cal 735 T.Fat 25.63 G S.Fat 7.8 G Chol 91.0 Mg Sodium 1518.31 Mg Carb 97.44 G Fiber 6.1 G Ptn 30.59 G Iron 3.60 Mg Calc 506.76 Mg VIT A 369.87 RE VIT C 28.42 Mg</p> <p>AVG. WEEKLY NUTRIENTS</p> 
<p>7 Cheesy Cheese Pizza Meatball Hoagie w/Melted Mozzarella Cheese Baked French Fries Seasoned Green Beans Seasonal Fresh Fruit</p>  <p>KMS & GHS Submarine Sandwich</p>	<p>8 Popcorn Chicken w/Breadstick BBQ Pulled Pork Sandwich Fluffy Rice w/Lite Gravy Whole Kernel Corn Chilled Applesauce Rice Krispie Treat</p>  <p>An Additional Entree will be served at KMS/GHS.</p>	<p>9 Cheese Filled Breadsticks w/Marinara Warm Turkey & Cheese Sandwich Whole Kernel Corn Chilled Applesauce Rice Krispie Treat</p> <p>KMS - Big Daddy Pizza GHS - NO LUNCH</p>	<p>10 Foot Long Hot Dog in Bun Bacon Cheeseburger w/Shredded Lettuce Chilled Watermelon Chilled Assorted Juice Bag of Harvest Cheddar Sun Chips</p> <p>An Additional Entree will be served at KMS.</p> <p>GHS - NO LUNCH</p>	<p>11 Early Release No Lunch or Breakfast Served</p>	<p>Cal 753 T.Fat 22.03 G S.Fat 7.1 G Chol 47.0 Mg Sodium 1679.08 Mg Carb 108.02 G Fiber 5.9 G Ptn 34.60 G Iron 4.31 Mg Calc 540.88 Mg VIT A 264.09 RE VIT C 47.99 Mg</p> <p>AVG. WEEKLY NUTRIENTS</p> 

Elementary Lunch Prices:

\$ 2.00 Daily
\$352.00 178 Days
\$ 2.75 Adults Daily
\$.25 Milk
Milk is included with each student meal.

KMS/GHS Lunch Prices:

\$ 2.25 Daily
\$ 3.00 Adult-Daily
\$.25 Milk
Milk is included with each student meal.



Dear Parents:

Thank you for your participation in the Germantown School District Lunch Program. The primary purpose of the school lunch program is to provide the students with a well-balanced, nutritious lunch. The meals can make an important contribution to the health and well being of students and improving the quality of their diets and aiding in the development of sound food habits. We welcome your suggestions on ways of improving our Food & Nutrition program so that it will make the maximum contribution to the health, nutrition and education of all school children.

Please watch your account very closely toward the end of this school year. You can access your account on-line at www.germantownschools.org. All account balances will carry over to the next school year. If the last family member is graduating or you are transferring out of the district, balances will be refunded by calling the Food & Nutrition Office at 262-253-3420.

We have enjoyed serving your children this past year and look forward to seeing them in the fall. Have a safe and happy summer!