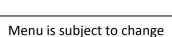


June 2017 Elementary School Breakfast and Lunch Menu

Monday 29	Tuesday 30	Wednesday 31	Thursday 1	Friday 2
Breakfast	Breakfast <u>SMOOTHIE TUESDAY</u> Strawberry	Breakfast Veggie Omelet	Breakfast French Toast Sticks w/ Sausage Links	Breakfast Manager's Choice
Lunch No School Memorial Day!	Lunch Chicken Burger Or BBQ Pork Flatbread Sandwich Baked Fries Peaches	Lunch Rotini w/ Mozzarella Sticks Or BLT w/ Cheese on WG Bread Red Peppers w/ Hummus	Lunch Whole Grain Pizza Or Toasted Ham & Cheese Garden Salad Blueberry Soup	Lunch Tangerine Chicken Steamed Oriental Veggies Egg Roll Pineapple Fortune Cookie
Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9
Breakfast Bagel w/ Lt. Cream Cheese	Breakfast <u>SMOOTHIE TUESDAY</u> Strawberry Banana	Breakfast Blueberry Yogurt Parfait	Breakfast Hard Boiled Egg with WW Toast	Breakfast Manager's Choice
Lunch Popcorn Chicken or Turkey Wrap Baked Fries Mixed Fruit	Lunch Homemade Mac & Cheese or Chicken Salad Sandwich on WW Bread Caesar Salad Diced Pears	Lunch Meatball Sub or Crispy Chicken Wrap Green Beans Assorted Fruit	Lunch WG Pizza or Ham & Cheese Sandwich on WW Bread Carrots w/ Lt. Ranch Dressing Peaches	Lunch Hot Turkey Sandwich or Egg Salad Sandwich 3 Bean Salad Applesauce Cups

MySchoolBucks.com gives parents a fast, easy and secure way to add money to your children's school meal accounts (using a credit, debit card or PayPal account), check your children's current school meal account balances and monitor what items your children have been purchasing at school. If you have questions, contact Deborah Riso 436-0443 or Karley Lapierre, 610-4474.





Paid Meals

Breakfast: \$1.50 Lunch: \$2.50

Reduced Meals

Breakfast: (FREE) Lunch: 40¢

Free Meals

Breakfast: (FREE) Lunch: (FREE)

(Milk included with purchased meals)

All Lunch Box Meals from Home:

Milk: 40¢

Daily Lunch Offering Sunbutter & Jelly Sandwich



Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16
Breakfast Banana or Pumpkin Bread	Breakfast <u>SMOOTHIE TUESDAY</u> Pineapple Orange	Breakfast Breakfast Pizza	Breakfast WG Cinnamon Roll	Breakfast Manager's Choice
Lunch Chicken Tender's or Tuna Salad Sandwich Baked Fries Peaches	Lunch Beef Tacos or Chicken Burrito Carrot Raisin Salad Mixed Fruit	Lunch Breakfast for Lunch Pancakes or Scrambled Eggs Ham Sticks Baked Beans Raisins	Lunch WG Pizza or BBQ Pulled Pork Sandwich Garden Salad Assorted Fruit	Lunch Ravioli or Toasted Ham & Cheese Cucumber Salad Ice Cream Cups
Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23
Breakfast Managers Choice	Breakfast Managers Choice	Breakfas t Manager's Choice	Breakfast Managers Choice	Breakfast
Lunch Chicken Nuggets or Turkey BLT Sandwich Baked Fries Mixed Fruit	Lunch Managers Choice	Lunch Managers Choice	Lunch EARLY RELEASE Last Day of School! PIZZA PARTY ASSORTED PIZZA VEGETABLE / FRUIT	Lunch

USDA and this institution are equal opportunity providers and employers

School Nutrition Contacts
Joanne Curtis

New Franklin 436-8133
Paula Slattery
Dondero 431-5065
Paula McCarthy
Little Harbour 436-1708
EXT. 6222



Students eligible for Reduced Meals may purchase lunch for 40¢ and receive free breakfast!

DO YOU QUALIFY FOR FREE OR REDUCED LUNCH?

The Portsmouth School
Nutrition Program offers healthy
meals every school day. Your
child(ren) may qualify for free
or reduced priced meals.
Applications will be sent home
during the first week of school,
or are available to download on
the web site.

Who can get free meals?

Children in households getting food stamps or TANF can get free meals regardless of your income. Also, your children can get free price meals if your household income is within the free limits on the Federal Income Guidelines.

Who can get reduced price meals? Your children can get low cost meals if your household income is within the reduced price limits on the Federal Income Chart, shown on the application.

If I don't qualify now, may I apply later? Yes. You may apply at any time during the school year if your household size goes up, income goes down, you lose your job or if you start getting Food Stamps, TANF or other benefits.