



# June 2017

## Elementary School Breakfast and Lunch Menu

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

Menu is subject to change



### **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
<b>Breakfast</b> Banana or Pumpkin Bread	<b>Breakfast</b> <b><u>SMOOTHIE TUESDAY</u></b> Pineapple Orange	<b>Breakfast</b> Breakfast Pizza	<b>Breakfast</b> WG Cinnamon Roll	<b>Breakfast</b> Manager's Choice
<b>Lunch</b> Chicken Tender's or Tuna Salad Sandwich Baked Fries Peaches	<b>Lunch</b> Beef Tacos or Chicken Burrito Carrot Raisin Salad Mixed Fruit	<b>Lunch</b> <b><u>Breakfast for Lunch</u></b> Pancakes or Scrambled Eggs Ham Sticks Baked Beans Raisins	<b>Lunch</b> WG Pizza or BBQ Pulled Pork Sandwich Garden Salad Assorted Fruit	<b>Lunch</b> Ravioli or Toasted Ham & Cheese Cucumber Salad Ice Cream Cups
Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23
<b>Breakfast</b>  Managers Choice	<b>Breakfast</b>  Managers Choice	<b>Breakfast</b>  Manager's Choice	<b>Breakfast</b>  Managers Choice	<b>Breakfast</b>
<b>Lunch</b> Chicken Nuggets or Turkey BLT Sandwich Baked Fries Mixed Fruit	<b>Lunch</b>  Managers Choice	<b>Lunch</b>  Managers Choice	<b>Lunch</b> <b>EARLY RELEASE</b> <b>Last Day of School!</b>  <b><u>PIZZA PARTY</u></b> ASSORTED PIZZA VEGETABLE / FRUIT	<b>Lunch</b>

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### 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.

*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!