

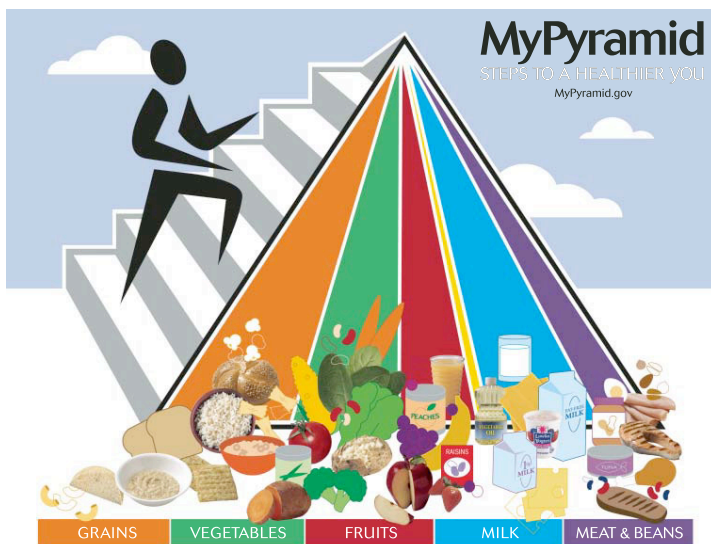
Fresh Ideas for Breakfast

May 2 - May 31, 2011

Monday	Tuesday	Wednesday	Thursday	Friday
2 Yogurt Granola Bar Fresh Fruit Milk	3 French Toast Turkey Sausage Fresh Fruit Milk	4 Egg Patty Biscuit Fresh Fruit Milk	5 Breakfast Burrito Fresh Fruit Milk	6 Croissant Turkey Sausage Fresh Fruit Milk
9 Cereal Yogurt Fresh Fruit Milk	10 Bagel Egg Patty Fresh Fruit Milk	11 Pancake Turkey Sausage Fresh Fruit Milk	12 Biscuit Turkey Sausage Fresh Fruit Milk	13 Pancake on Stick Fresh Fruit Milk
16 Granola Bar Yogurt Fr Fresh Fruit Milk	17 Breakfast Rice with Turkey Sausage and Egg Fresh Fruit Milk	18 Waffle Turkey Sausage Fresh Fruit Milk	19 Turkey Sausage Croissant Fresh Fruit Milk	20 Biscuit Egg Patty Fresh Fruit Milk
23 Yogurt Cereal Fresh Fruit Milk	24 French Toast Sticks Turkey Sausage Fresh Fruit Milk	25 Breakfast Potatoes with Turkey Sausage and Cheese Fresh Fruit Milk	26 Pancake Egg Patty Fresh Fruit Milk	27 Croissant Turkey Sausage Fresh Fruit Milk
30 MEMORIAL DAY NO SCHOOL	31 Biscuit Turkey Sausage Fresh Fruit Milk			

All Fresh Ideas menus are subject to change due to product shortage or program needs.

FRESH IDEAS HEALTH CORNER



STAY ACTIVE TO STAY FIT THIS SUMMER!

- Walk, jog, skate, or cycle.
- Swim or do water aerobics.
- Play sports
- Take a class in martial arts, dance, or yoga.
- Golf (pull cart or carry clubs).
- Canoe, row, or kayak.
- Play racket ball, tennis, or squash.
- Ski cross-country or downhill.
- Play basketball, softball, or soccer.
- Hand cycle or play wheelchair sports.
- Take a nature walk.
- Most important – HAVE FUN!!!

Remember to send your questions to:
Askthedietitian@freshideasfood.com

Fresh Ideas for Lunch

May 2 - May 31, 2011

Monday

Tuesday

Wednesday

Thursday

Friday



All Fresh Ideas menus are subject to change due to product shortage or program needs.

2 Chicken Nuggets Green Beans Fresh Fruit Milk	3 Salisbury Steak Mashed Potatoes w/Gravy Fresh Fruit Milk	4 Chili Cheese Dog Mixed Vegetables Fresh Fruit Milk	5 Taco Salad Fresh Fruit Milk	6 Mostaccioli Salad Fresh Fruit Milk
9 Crispito Broccoli Cheese Rice Fresh Fruit Milk	10 Cheese Burger Tater Tots Fresh Fruit Milk	11 Bosco Cheese Stick Fresh Carrots Fresh Fruit Milk	12 BBQ Chicken Sandwich Corn Fresh Fruit Milk	13 Papa John's Pizza Tossed Salad Fresh Fruit Milk
16 Mini Corn Dogs Mixed Vegetables Fresh Fruit Milk	17 Chicken Broccoli Alfredo Dinner Roll Fresh Fruit Milk	18 Nachos Steamed Broccoli Fresh Fruit Milk	19 Sloppy Joe Diced Potatoes Fresh Fruit Milk	20 Meatball Sandwich Corn Fresh Fruit Milk
23 Chicken Quesadilla Rice and Beans Fresh Fruit Milk	24 Macaroni and Cheese Sliced Cucumbers Fresh Fruit Milk	25 Tuna Salad Wheat Crackers Celery Sticks Fresh Fruit Milk	26 Spaghetti Salad Fresh Fruit Milk	27 Chicken Sandwich Green Beans Fresh Fruit Milk
30 MEMORIAL DAY NO SCHOOL	31 Cheese Sandwich Tomato Soup Goldfish Crackers Fresh Fruit Milk			