

Monday, May 19

Lunch
-French Toast Sticks & Sausage*
-Sub Sandwich
-Popcorn Chicken Salad & Bosco Stick
-Deli Sandwich
Sweet Corn
Mixed Fruit
Gogurt Yogurt
Cold Milk

Tuesday, May 20

Lunch
-Cheeseburger
-Hot & Spicy Chicken Sandwich
-Italian Salad & Bosco Stick*
-Deli Sandwich
Candied Sweet Potatoes
Chilled Pears
Cold Milk

Wednesday, May 21

No Lunch
Early Dismissal



Monday, May 26

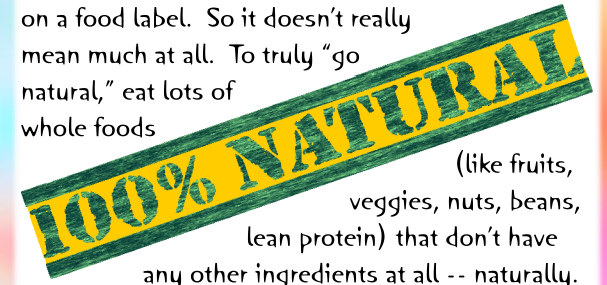


HAVE A GREAT SUMMER!

Thanks for eating with us this year.
We look forward to seeing you
when school starts up again!

GOING NATURAL?

There's no legal definition of the word "natural" on a food label. So it doesn't really mean much at all. To truly "go natural," eat lots of whole foods



(like fruits, veggies, nuts, beans, lean protein) that don't have any other ingredients at all -- naturally.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

IF YOUR CHILD NEEDS SUMMER FOOD

The Summer Food Service Program (SFSP) and Seamless Summer Option (SSO) are federal nutrition programs that provide free and nutritious meals to children 18 years old and younger. The summer nutrition programs are sponsored by the United States Department of Agriculture and administered by the Illinois State Board of Education. The Illinois Hunger Coalition's Hunger Hotline (1-800-359-2163) serves as the statewide phone number for families to call to find a Summer Meals site near them.

NUTRITION TO GO

OK, parents. Here's your homework for the summer: set a good example for your kids during their time off from school by modeling good nutrition behavior for them. Buy and eat more fresh fruits and veggies, and cut back on your own snacking on foods that are high in fat, sodium, and sugar.

A QUICK BITE FOR PARENTS

