



Fitness Tip: MyPlate recommends:

- Children need at least 60 minutes of physical activity every day.
- Be active together as a family.
- Physical activity should be fun and offer variety.

Menu Information: (##) denotes carb counts in serving size for that menu item will include any items that is always served together. Chef Salad is served each day w/ 1 slice Homemade WG Bread - Yogurt/Cheese is served each day w/ 1 slice Homemade WG Bread
Fairbury Public School is an Equal Opportunity Provider

Monday

Mini Corndogs (28) or Hoagie Sandwich(33) or Chef Salad(18)Croutons(14) or Yogurt/Cheese(38)Granola(13) **1**

Carrots (4)

Tuesday

Breaded Beef Sticks(16) w/HMD Bread(16) or Ham & Cheese Flatbread(28) or Chef Salad(18)Croutons(14) or Yogurt/Cheese(38)Granola(13) **2**

Mashed Potatoes(20)Gravy(4)

Wednesday

Cheeseburger on Bun(33) or Tuna Salad Sandwich(33) or Chef Salad(38)Croutons(14) or Yogurt/Cheese(38)Granola(13) **3**

Baked Beans(29)

Thursday

Chicken Alfredo Pizza(33) or Turkey Sandwich(33) or Chef Salad(38)Croutons(14) or Yogurt/Cheese(38)Granola(13) **4**

Green Peas(11)

Friday

Soft Shell Taco(25) or PBJ Sandwich (35) or Chef Salad(38)Crackers(10) or Yogurt/Cheese(38)Granola(7) **5**

Refried Beans(23)

Popcorn Chicken(13) w/HMD Bread(16) or Chicken Salad Sandwich(36) or Chef Salad(18)Croutons(14) or Yogurt/Cheese(38)Granola(13) **8**

Broccoli w/Cheese(5)

Oven Fried Chicken(11) w/HMD Bread(16) or Turkey Sandwich(33) or Chef Salad(18)Croutons(14) or Yogurt/Cheese(38)Granola(13) **9**

Mashed Potatoes(20)Gravy(4)

Macho Nacho (24) or Chicken Wrap (24) or Chef Salad(18)Crackers(10) or Yogurt/Cheese(38)Granola(7) or **10**

Refried Beans(23)

HMD Beef Pizza(36) or PBJ Sandwich (35) or Chef Salad(18)Crackers(10) or Yogurt/Cheese(38)Granola(7) **11**

Corn (16)

Fun Shaped Fish Sticks(13) w/Breadstick or Ham Sandwich (33) or Chef Salad(18)Croutons(14) or Yogurt/Cheese(38)Granola(13) **12**

Tater Tots (20)

Cheese Calzone (33) or Turkey Flatbread(27) or Chef Salad(18)Croutons(14) or Yogurt/Cheese(38)Granola(13) **15**

Baked Beans(29)

Chicken Tetrazinni(25) w/HMD Bread(16) or Hoagie Sandwich(33) or Chef Salad(18)Croutons(14) or Yogurt/Cheese(38)Granola(13) **16**

Mixed Vegetables (12)

Cheeseburger on Bun (33) Ham Sandwich(33) or Chef Salad(18)Croutons(14) or Yogurt/Cheese(38)Granola(13) **17**

Seasoned French Fries(25)

Class Picnics **18**
 Sack lunch available:
 PBJ sandwich
 Fresh veggie bag w/ranch
 Apple slices
 Chips / Cookie / Milk

LAST DAY OF SCHOOL **19**
 NO LUNCH SERVED

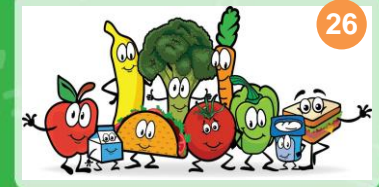
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Fruit/Vegetable Bar and Milk served with every meal. Full meal price \$2.60 Extra entree \$2.00 (needs to be ordered when lunch count is taken)

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**SUMMER FOOD PROGRAM
 JEFFERSON SCHOOL
 JUNE 5 TO JULY 28
 11:30 AM TO 12:30 PM
 ALL CHILDREN EAT FREE**

Would you like to join your child for lunch? We'd love to have you. Please call the office by 9 am to be included in our daily lunch count. Adult meals cost \$3.50. What a bargain!!

