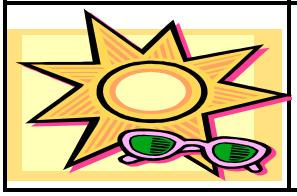
BREAKFAST — BRANSON ELEMENTARY EAST — MAY ~ 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 **Sunrise Flatbread 20g **Cereal (14-23g) ** English Muffin 14g Tropical Fruit 12g, Juice Milk	2 Sausage Roll 15g **Cereal (14-23g) **Pillsbury Mini Muffins 24g Orange Wedges 15g, Juice Milk	3 **Strawberry/Banana French Toast 22g with Syrup **Cereal (14-23g) **Toast 7g Peaches 17g, Juice Milk
6 **Pancakes 25g with Syrup **Cereal (14-23g) **Fruit Turnover 44g Mixed Fruit 18g, Juice Milk	7 **Breakfast Wrap 14g **Cereal (14-23g) Yogurt 19g Grapefruit Wedges, Juice Milk	8 Scrambled Eggs 3g ** English Muffin 14g **Cereal (14-23g) ** English Muffin 14g Mandarin Oranges 29g, Juice Milk	9 **Can.Bac & Chz Biscuit 26g **Cereal (14-23g) **Cinnamon Roll 18g Applesauce 21g, Juice Milk	10 Cinnamon French Toast 22g with Syrup **Cereal (14-23g) **Toast 7g Raisins, Juice Milk
13 **Sausage Breakfast Pizza 27g **Cereal (14-23g) **Fruit Delight 27g Pineapple 15g , Juice Milk	14 **Waffle 28g Sausage Patty 1g **Cereal (14-23g) Yogurt 19g Kiwi Wedges, Juice Milk	15 Colby Omelet 1g Tri-Tater 11g **Cereal (14-23g) ** English Muffin 14g Mixed Fruit 18g, Juice Milk	16 **Sausage Biscuit 24g **Cereal (14-23g) **Pillsbury Mini Muffins 24g Orange Wedges 15g, Juice Milk	17 **French Toast Sticks 28g with Syrup **Cereal (14-23g) **Toast 7g Cinnamon Apples 12g, Juice Milk
20 Cinnamon French Toast 22g with Syrup **Cereal (14-23g) **Poptart 37g Orange Wedges 15g, Juice Milk	21 Biscuits & Gravy 34g **Cereal (14-23g) Yogurt 19g Fruit, Juice Milk	22 Cooks Choice **Cereal (14-23g) **Cooks Choice Fruit, Juice Milk	23 Cooks Choice Fruit, Juice Milk	
				

LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 **Breaded Chicken Sandwich 36g** Tri-Tater 11g Seasonal Fruit & Vegetable Bar	2 **Pork Roast Dinner 0g** Mashed Potatoes 15g& Gravy8g **Cornbread 18G Seasonal Fruit & Vegetable Bar	3 ****Pizza 29g** Seasonal Fruit & Vegetable Bar Fruit Shape Up 17g
6 **Roasted Chicken 1g** Mashed Potatoes 15g& Gravy8g **Biscuit 22g Seasonal Fruit & Vegetable Bar	7 ****Crispitos 20g** **Mexican Rice 22g Seasonal Fruit & Vegetable Bar	8 ****Cheeseburgers 24g** Baked French Fries 19g Seasonal Fruit & Vegetable Bar	9 ****Mini Chicken Tacos 25g** Seasonal Fruit & Vegetable Bar Applesauce Cake	10 **** Pizza 29g** Seasonal Fruit & Vegetable Bar
13 ****Ham & Cheese Wrap 22g** Chips Seasonal Fruit & Vegetable Bar	14 **Salisbury Steak 4g** Mashed Potatoes 15g& Gravy8g **Roll 24g Seasonal Fruit & Vegetable Bar	15 ****Tacos 21g** Seasonal Fruit & Vegetable Bar	16 ****Pepperoni Bosco Stick 35g** Seasonal Fruit & Vegetable Bar	17 ****Cheeseburgers 24g** Sweet Potato Fries 24g Seasonal Fruit & Vegetable Bar
20 ****Turkey & Cheese Wrap 22g** Chips Seasonal Fruit & Vegetable Bar Dessert	21 **Cooks Delight!**	22 **Cooks Delight!**	23 **NO LUNCH** Early Dismissal **Last Day of School!**	**NO SCHOOL!**
		Have a fun and safe Summer!		

BREAKFAST PRICES Full Price -$1.00 Reduced -$.30 Adult -$1.50 **LUNCH PRICES** Full Price -$1.60 Reduced -$.40 Adult -$2.50 **Please keep a positive balance in your child's account!**	**** = Whole Grain Rich** **~Carb counts are estimates based on minimum serving~** ***Menu may change without notice.***	**Milk ~ 8oz** White Skim - 11g Chocolate Skim - 24g Strawberry - 23g **Juice ~ 4 oz** Apple - 15g Grape - 22g Orange - 14g **Milk & Juice flavors may be rotated.**		**NEW LUNCH REQUIREMENTS!** **All students must select a minimum of 3 different food groups, including at least 1 fruit or vegetable!** **3 is Good 4 is Better 5 is Best!**