

MENUS FOR JUNE



Arlington
Public
Schools
Secondary
Menu

Available Daily!

Breakfast \$1.00 Lunch \$2.30
A variety of skim and low fat milk,
Bottled water, 100% fruit juice,
Fresh fruit, chef salads, yogurt,
Deli sandwiches, peanut butter and
Jelly sandwiches, and hummus with
Pita bread.

*may contain pork

Featured Specials

Monday, June 2

Breakfast Special: WW French Toast Sticks
Lunch: Hot Turkey & Cheese on Sub Roll,
Chicken Tortilla Wrap, Macaroni and Cheese,
Baby Carrots with Dip,
Assorted Vegetables, Chilled Fruit

Tuesday, June 3

Breakfast Special: Whole Grain Breakfast Pizza
Lunch: Chicken Patty on Bun,
Tuna on Pita, Spaghetti and Meat Sauce,
Fresh Fruit, Vegetables, Chilled Fruit, Raisins

Wednesday, June 4

Breakfast Special: Chicken Biscuit Sandwich
Lunch: Hamburger on Bun,
Chicken Nuggets w/roll, Grilled Cheese Sandwich
Oven Baked Fries, Fresh Fruit/Vegetables,
Chilled Fruit

Thursday, June 5

Breakfast Special: Fruit Muffins
Lunch: Chicken Fajita,
Deli Turkey Ham on Kaiser Roll, *Manager's Choice
Assorted Fresh Fruit /Vegetables, Chilled Fruit,

Friday, June 6

Breakfast Special: Egg and Sausage Biscuit
Lunch: Whole Grain Pizza - Cheese
Pepperoni* or Vegetarian,
Crispy Chicken Tenders with Fruit Muffin,
Fresh Fruit/ Vegetables, Chilled Fruit,
Dried Cranberries/Raisins

Featured Specials

Monday, June 9

Breakfast Special: *Manager's Choice
Lunch: Spaghetti w/Meat Sauce, Deli Turkey Ham
& Cheese on Croissant,
Chicken Patty on Roll,
Assorted Vegetables, Fresh Fruit,
Orange Juice

Tuesday, June 10

Breakfast Special: *Manager's Choice
Lunch: Grilled Cheese Sandwich, Meatball Sub,
Chicken Tenders with Fruit Muffin,
Fresh Vegetables with Dip, Chilled Fruit,
Fresh Fruit, Raisins

Wednesday, June 11

Breakfast Special: *Manager's Choice
Lunch: Cheeseburger on Bun,
Turkey Hot Dogs on a WW Bun,
Hummus with Pita Bread
Oven Baked Fries, Baked Beans,
Minute Maid Juice Bar, Fresh Vegetables/Fruit

Thursday, June 12

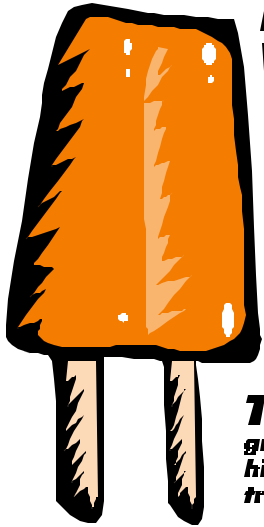
Breakfast Special: *Manager's Choice
Lunch: Manager's Choice*, Deli Turkey and
Cheese on Croissant, Crispy Chicken Tortilla Wrap
Fresh Fruit, Chilled Fruit, Orange Juice

Friday, June 13

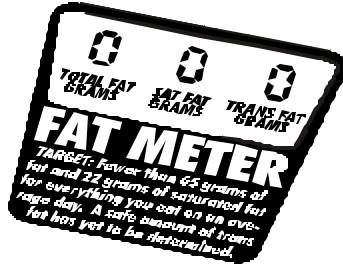
Breakfast Special: *Manager's Choice
Lunch: Chicken Nuggets with Fruit Muffin,
Manager's Choice*
Chilled Fruit, Fresh Fruit, Fruit Juice
Last Day of Lunch Service for High Schools

FIT FAT

WANNA STAY FIT?
FIGHT THE FAT!



ITEM: Juice Bar
VERDICT: Fat-Free Summer Fun!

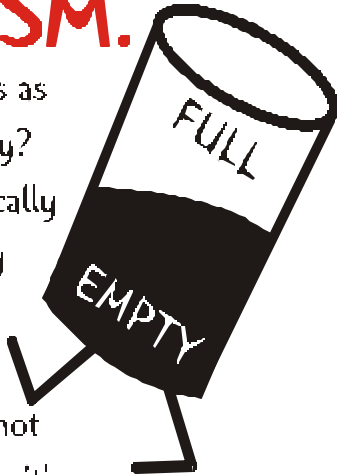


TIP: 100% juice bars are a great summer alternative to higher fat and higher calorie treats like ice cream.

OPTIMISM.

Do you see the glass as half full or half empty?

People who are basically optimistic and happy tend to be healthier, too - both mentally and physically. It's not always easy to be positive, but it's almost always good for you!



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

Featured Specials

Monday, June 16

Breakfast Special: *Manager's Choice

Lunch: Macaroni & Cheese w/Roll,
*Manager's Choice,
* Popcorn Chicken with Fruit Muffin,
Chilled Fruit, Fresh Fruit,
Assorted Vegetables

Tuesday, June 17

Breakfast Special: *Manager's Choice

Lunch: Crispy Chicken Patty on Kaiser Roll,
Manager's Choice, Grilled Cheese Sandwich,
French Fries, Chilled Fruit, Fresh Fruit

Wednesday, June 18

Breakfast Special: *Manager's Choice

Lunch: Chicken Tenders with Fruit Muffin,
*Manager's Choice,
Fresh Fruit, Chilled Fruit, Assorted Vegetables

Thursday, June 19

Breakfast Special: *Manager's Choice

Lunch: Hamburger on Bun,
*Manager's Choice,
Assorted Vegetables, Fresh Fruit,
Fruit Juice Bar

Friday, June 20

Have a great summer!

Congratulations and best of luck to all members of the Class of 2008.

