

Pendergast Elementary School District

May 2010

Rio Vista

*Component of a Balanced Choice Meal

Monday	Tuesday	Wednesday	Thursday	Friday
3-Day 4	4-Day 5	Early Release 5-Day 6	6-Day 1	7-Day 2
CHICKEN NUGGETS OR *CORN DOG OR TURKEY RANCH WRAP *Potato Wedges *Peas and Carrots *Variety of Milk *Five Star Salad Bar	STUFFED SHELLS OR CHICKEN PARMESAN OR PIZZA STICKS W/ SAUCE Italian Veggies Variety of Milk Five Star Salad Bar	CHEESE QUESADILLA OR GREEN CHILI CHEESE BURRITO OR CHICKEN FAJITA Yummy Corn Variety of Milk Five Star Salad Bar	ASIAN NOODLE BOWL OR TERIYAKI DIPPERS OR BBQ RIB SANDWICH Oriental Veggies Fortune Cookie Variety of Milk Five Star Salad Bar	*TURKEY NOODLES OR HAMBURGER OR TURKEY SALAD WRAP *Green Beans *Graham Crackers *Variety of Milk *Five Star Salad Bar
<i>Cereal or Breakfast Pizza</i>	<i>Cereal or French Toast and Sausage</i>	<i>Cereal or Waffles & Sausage</i>	<i>Cereal or Super Bun</i>	<i>Cereal and String Cheese</i>
10-Day 3	11-Day 4	Early Release 12-Day 5	13-Day 6	14-Day 1
ORANGE CHICKEN BOWL OR BEEF FINGERS OR CRISPY CHICKEN WRAP Baked Cheetos Variety of Milk Five Star Salad Bar	SCIENCE FAIR TODAY!! BEAN & CHEESE BURRITO Sliced Apples Pretzels Variety of Milk	CRISPY CHICKEN OR CHEESEBURGER OR FISHWICH Oven Fries Variety of Milk Five Star Salad Bar	CHEESE ENCHILADAS OR *BEEFY NACHOS OR HAM & CHEESE SUB Mexican Infused Rice *Yummy Corn *Variety of Milk *Five Star Salad Bar	MAC AND CHEESE OR CRISPY CHICKEN SANDWICH OR TUNA SALAD CROISSANT Carrot Coins Variety of Milk Five Star Salad Bar
<i>Cereal or Waffles & Sausage</i>	<i>Cereal or Breakfast Bagel</i>	<i>Cereal or Breakfast on a Stick</i>	<i>Cereal or Cinnamon Roll</i>	<i>Cereal or Pancakes and Sausage</i>

Cereal, Juice, Fruit and Milk is served daily at breakfast.

The "5 Star Salad Bar" offers a variety of fruits, vegetables, toppings and condiments to complement your meal.

Meal Prices: Elementary - Breakfast \$1.00, Lunch \$1.50. **Adult** - Breakfast \$1.50, Lunch \$2.50.

Reduced Price - Breakfast \$0.30, Lunch \$0.40, **Milk** - \$0.50.

Remember the Summer Meal Program!

**Meals will be served for FREE to children up to the age of 18 yrs. old at the following schools:
Amberlea, Pendergast Elementary, Pendergast Learning Center, Westwind Primary, and Villa De Paz
May 24th-July 30th.**

And Copper King, Rio Vista, Sunset Ridge, and July 6th - July 24th.

Breakfast: 7:30 am - 8:30 am

Lunch: 11:00 am - 12:00 pm



THIS INSTITUTION IS AN EQUAL EMPLOYMENT OPPORTUNITY PROVIDER
Food Service Provided by Chartwells School Dining Services. Menu subject to change without notice. **Questions?**
Call James Capen @ (623) 772-2270.

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Monday	Tuesday	Wednesday	Thursday	Friday
17-Day 2	18-Day 3	19-Day 4	20-Day 5	Last Day of School 21
HAM AND FRENCH TOAST OR *CORN DOG OR TURKEY BACON WRAP *Peas and Carrots *Potato Wedges *Variety of Milk *Five Star Salad Bar	PIZZA STICKS W/ SAUCE OR GRILLED CHICKEN SANDWICH OR MEATBALL SUB SANDWICH Sun Chips Variety of Milk Five Star Salad Bar	BBQ SLIDERS OR TROUT TREASURES OR HOT DIGGITY DOG Crinkle Cut Fries Variety of Milk Five Star Salad Bar	GREEN CHILI CHEESE BURRITO OR TACO SALAD OR HOT HAM AND CHEESE BAGEL Refried Beans Variety of Milk Five Star Salad Bar	CHEF SPECIAL!
<i>Cereal or Super Donut</i>	<i>Cereal or Tortilla Breakfast</i>	<i>Cereal or Muffin & String Cheese</i>	<i>Cereal or Bagel and Cream Cheese</i>	<i>Cereal or breakfast Square</i>

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EAT SEASONALLY.

CONNECT THE DOTS
Connect the dots to finish the picture of the local produce!



MAZE
Sydney wants to ride his bicycle to the local produce stand. Help him through the maze so he can buy local produce for his dinner!



FINISH