










Sleepin' Safari



How many hours of sleep do you get each night? The Nutrition Safari team wants you to know that 10 hours of sleep each night is required in order for you to perform your best in school each day. If you aren't getting all the sleep that you need, try going to bed a little earlier. In combination with a good diet, you can find that the proper amount of sleep can make it easier to learn.

December 2009 Menu

Attleboro Elementary Schools

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Check out what we are doing to help save the environment. www.Whitsons.com</p>	 <p>1-Salisbury Steak Mashed potatoes and gravy, steamed vegetables</p>	<p>1/2 Day</p> 	<p>1-Beef Nachos Cheese Sauce Chips and Salsa</p> 	 <p>1-Pizza Day Cheese(V) or Pepperoni Carrot Sticks Ranch Dip</p> 
<p>1-Golden Nuggets Assorted Sauces French Fries</p>	<p>1-Cheeseburger On a bun With lettuce and tomato Macaroni Salad</p>	<p>1 Pasta Party Rotini Pasta With Marinara (V), Meatballs and Breadstick</p>	<p>1/2 Day</p>	<p>1-Pizza Day Cheese(V) or Pepperoni Tossed Salad</p>
<p>1-Popcorn Chicken w/dipping sauce Seasoned Fries</p>	<p>1-Chicken Meatball Sub With Tossed Salad And Fruit</p> 	<p>1-Mac & Cheese(V) Steamed Broccoli</p>	<p>1-Rib B Que(P) Barbeque pork Creamy Mashed Potatoes Steamed Green Beans</p>	<p>1-Pizza Day Cheese(V) or Pepperoni Celery Sticks Blue Cheese Dip</p>
<p>1-Mozzarella Sticks(V) w/dipping sauce French Fries</p>	<p>1-Toasty Waffles (V) Sausage Patty Syrup Fruit Cup</p> 	<p>1-Pizza Day Cheese(V) or Pepperoni Garden Salad</p>	<p>WINTER RECESS SCHOOL CLOSED</p> 	<p>DECEMBER 24 - JANUARY 3.</p>

DID YOU KNOW

All our Milk & Chicken Products are Antibiotic and Hormone free!

Breads & Bread Products are 100% Whole Grain and contain No High Fructose Corn Syrup or Hydrogenated Oils!

We Serve a 100% all Natural Yogurt, with No Artificial Ingredients.

All Dressings are All Natural, with No Artificial Ingredients & No High Fructose Corn Syrup!

Vegetables are always fresh and crisp!

Our Taco Shells and Tortilla Chips are Free of any Hydrogenated Oils.

Daily Sub Selection
CHOICE #3
Monday ~ Turkey & Cheese
Tuesday ~Tuna Salad
Wednesday ~ Bologna
Thursday ~Ham and Cheese
Friday ~Chicken Caesar Wrap
All Deli Subs are made with Boars Head Meats

Fruit & Veggie Of The Month



Oranges

ALL STUDENT LUNCHES

INCLUDE

- Choice of:
- 1% Milk,
 - 1% Chocolate,
 - 1% Strawberry or Fat Free Milk
 - Fresh Fruit or Fruit Cup
 - Fresh Steamed Vegetables
 - Or Small Tossed Salad

DAILY HEALTHY CHOICE

CHOICE #2
Low-fat, part-skim Mozzarella Cheese. Served over a bed of mixed greens with tomato wedges, cucumbers, and dressing. Roll & Milk

Time for a nutritious breakfast?
Breakfast is available 30 minutes before school begins daily at the cafeteria \$1.25 (\$.30 reduced)

Student Lunch Choices

- Please use the Following:
1. Daily Featured Hot Lunch
 2. Daily Healthy Choice Salad
 3. Daily Sub Sandwich
 4. Bagel and Cheese

LUNCH PRICES:

Student Lunch Price	\$2.00
Student Reduced Lunch	\$.40
Student Milk	\$.50
Soy Milk or Lactaid	\$1.00
Adult Lunch	\$3.00 +

WE PURCHASE LOCAL!

*We always use regional suppliers whenever seasonably available.

QUESTIONS OR COMMENTS?

About the Food Service Program? Please call the Food Service Director Matt Delaney at 508-222-5150 ext 267

*If you have a food allergy, please speak to the owner, manager, chef or your server. *Consuming raw or undercooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. *Menu is subject to change, notice posted when available.

