

School Lunch  
"The Best Deal in Town"


May 2010



# Governor Mifflin School District

**Cumru Elementary** (menu subject to change with out notice)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Select one</i></p> <p><b>Chicken Quesadillas Cheeseburger on a Bun</b></p> <p><b>PB &amp; Jelly Uncrustable</b></p> <p><i>Select three</i></p> <p><b>Steamy Rice Steamy Peas Assorted Fresh Veggies/Dip</b></p> <p><b>Assorted Fruit Milk (Choice of one)</b></p> <p style="text-align: right;">3</p>	<p><i>Select one</i></p> <p><b>Mini Corn Dog Nuggets</b></p> <p>with or without Roll</p> <p><b>Cheeseburger on a Bun</b></p> <p><b>PB &amp; Jelly Uncrustable</b></p> <p><i>Select three</i></p> <p><b>Buttered Noodles</b></p> <p><b>Steamy Carrots Assorted Fresh Veggies/Dip</b></p> <p><b>Assorted Fruit Pudding Milk (Choice of one)</b></p> <p style="text-align: right;">4</p>	<p><b>Cinco De Mayo</b></p> <p><i>Select one</i></p> <p><b>Cinco De Mayo Chicken Nuggets</b> Roll Optional</p> <p><b>Cheeseburger on a Bun</b></p> <p><b>PB &amp; Jelly Uncrustable</b></p> <p><i>Select three</i></p> <p><b>Nacho and Cheese</b></p> <p><b>Corn</b></p> <p><b>Assorted Fresh Veggies/Dip Assorted Fruit Churro Milk (Choice of one)</b></p> <p style="text-align: right;">5</p>	<p><i>Select one</i></p> <p><b>French Toast Stix and Scrambled Eggs /Syrup</b></p> <p><b>Cheeseburger on a Bun</b></p> <p><b>*PB &amp; Jelly Uncrustable</b></p> <p><i>Select three</i></p> <p><b>Fruited Yogurt</b></p> <p><b>Hash Brown Patty</b></p> <p><b>Assorted Fresh Veggies/Dip Assorted Fruit Apple Crisp Milk (Choice of one)</b></p> <p style="text-align: right;">6</p>	<p><i>Select one</i></p> <p><b>Big Daddy's Pizza</b></p> <p><b>Cheeseburger on a Bun</b></p> <p><b>PB &amp; Jelly Uncrustable</b></p> <p><i>Select three</i></p> <p><b>Broccoli Assorted Fresh Veggies/Dip</b></p> <p><b>Assorted Fruit</b></p> <p><b>Milk (Choice of one)</b></p> <p style="text-align: right;">7</p>
<p><i>Select one</i></p> <p><b>Chicken Fryz</b></p> <p>with or without Roll</p> <p><b>Honey BBQ Chicken Nuggets</b></p> <p><b>PB &amp; Jelly Uncrustable</b></p> <p><i>Select three</i></p> <p><b>Steamy Rice Carrots Assorted Fresh Veggies/Dip</b></p> <p><b>Assorted Fruit Milk (Choice of one)</b></p>	<p><i>Select one</i></p> <p><b>Steak Sandwich</b> Cheese Sauce optional</p> <p><b>Honey BBQ Chicken Nuggets</b></p> <p><b>PB &amp; Jelly Uncrustable</b></p> <p><i>Select three</i></p> <p><b>Baked Waffle Fries Broccoli Assorted Fresh Veggies/Dip</b></p> <p><b>Assorted Fruit Milk (Choice of one)</b></p>	<p><i>Select one</i></p> <p><b>Pizza Hut's Pizza</b></p> <p><b>Honey BBQ Chicken Nuggets</b></p> <p><b>PB &amp; Jelly Uncrustable</b></p> <p><i>Select three</i></p> <p><b>Cheddar Goldfish Snack Green Beans Assorted Fresh Veggies/Dip</b></p> <p><b>Assorted Fruit Milk (Choice of one)</b></p>	<p><i>Select one</i></p> <p><b>Ham and Cheese Hoagie</b> with a Bag of Chips</p> <p><b>Honey BBQ Chicken Nuggets</b></p> <p><b>PB &amp; Jelly Uncrustable</b></p> <p><i>Select three</i></p> <p><b>Steamy Peas Assorted Fresh Veggies/Dip Assorted Fruit</b></p> <p><b>Pudding Milk (Choice of one)</b></p>	<p><i>Select one</i></p> <p><b>Taco with Dipping Chips Honey BBQ Chicken Nuggets</b></p> <p><b>PB &amp; Jelly Uncrustable</b></p> <p><i>Select three</i></p> <p><b>Cheese, Lettuce and Tomato Corn Assorted Fresh Veggies/Dip</b></p> <p><b>Assorted Fruit Milk (Choice of one)</b></p>

10	11	12	13	14
<i>Select one</i> <b>Beef Bar- B- Q Sandwich</b> with a bag of chips	<b>Grillmore Day</b>	<b>Field Day</b>	<i>Select one</i>	<i>Select one</i>
	<b>Give A Way Day</b>	<i>Select one</i>	<b>Cheese Pizza Stix</b>	<b>Land O Lakes® Macaroni and</b>
<b>Hot dog on a Bun</b> <b>PB &amp; Jelly Uncrustable</b> <i>Select three</i> <b>Baked Beans</b>	<i>Select one</i> <b>Popcorn Chicken</b> with or without Roll <b>Hot dog on a Bun</b> <b>PB &amp; Jelly</b> <b>Uncrustable</b>	 illy table Sandwich <i>Select three</i> Snack Mini Carrots	with Dipping Sauce <b>Hot dog on a Bun</b> <b>PB &amp; Jelly Uncrustable</b> <i>Select three</i>	<b>Cheese</b> <b>Hot dog on a Bun</b> <b>PB &amp; Jelly Uncrustable</b> <i>Select three</i>
<b>Broccoli</b> <b>Assorted Fresh Veggies/Dip</b> <b>Assorted Fruit</b> <b>Milk (Choice of one)</b>	<i>Select three</i> <b>Tator Tots</b> <b>Steamy Carrots</b> <b>Assorted Fresh Veggies/Dip</b> <b>Assorted Fruit</b> <b>Milk (Choice of one)</b>	<b>Fruit Snack</b> <b>Fresh Apple Slices</b> <b>Milk (Choice of one)</b>	<b>Peas</b> <b>Assorted Fresh Veggies/Dip</b> <b>Assorted Fruit</b> <b>Milk (Choice of one)</b>	<b>Green Beans</b> <b>Assorted Fresh Veggies/Dip</b> <b>Assorted Fruit</b> <b>Milk (Choice of one)</b>
17	18	<b>No Chef Salads Available today</b> 19	20	21

Available Daily

Chef Salads and Yogurt Bowls are available as a menu option. Garden Burger are available as a Entrée alternative.

If your child has special lunch needs, please contact the cafeteria manager. White; LF Chocolate; LF White Skim, Vanilla and Strawberry Milk available daily.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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**Act 80 Day**

<i>Select one</i>	<i>Select one</i>	<i>Select one</i>	<i>Select one</i>	<i>Select one</i>
<b>Spaghetti and Meatsauce</b> Italian Bread optional  <b>Cheese Pizza PB &amp; Jelly Uncrustable</b> <i>Select three</i>  <b>Salad/ R/F Dressing</b> <b>Steamy Carrots</b> <b>Assorted Fresh Veggies/Dip</b> <b>Assorted Fruit</b> <b>Milk (Choice of one)</b>	<b>Waffle Sticks and Sausage Links/ Syrup</b> <b>Cheese Pizza PB &amp; Jelly Uncrustable</b> <i>Select three</i> <b>Flavored Yogurt</b> <b>Assorted Fresh Veggies/Dip</b> <b>Assorted Fruit</b> <b>Milk (Choice of one)</b>	<b>Salisbury Steak in Gravy</b> with or without Roll  <b>Cheese Pizza PB &amp; Jelly Uncrustable</b> <i>Select three</i>  <b>Mashed Potatoes</b> <b>Steamy Corn</b>  <b>Assorted Fresh Veggies/Dip</b> <b>Assorted Fruit</b> <b>Pudding Pop</b> <b>Milk (Choice of one)</b>	<b>Mickey's Chicken Nugget</b> with or without Roll  <b>Cheese Pizza PB &amp; Jelly Uncrustable</b> <i>Select three</i>  <b>Smilie Tator Tots</b> <b>Green Beans</b>  <b>Assorted Fresh Veggies/Dip</b> <b>Assorted Fruit</b> <b>Milk (Choice of one)</b>	<b>Cheese Pizza PB &amp; Jelly Uncrustable</b>  <i>Select three</i> <b>Cheddar Snack</b> <b>Broccoli</b>  <b>Assorted Fresh Veggies/Dip</b> <b>Assorted Fruit</b>  <b>Milk (Choice of one)</b>
24	25	26	27	28

<b>Memorial Day</b>	<b>No School</b>	<p style="text-align: center;"><u>Ala Carte Prices:</u></p> <table border="0"> <tr> <td>Student Breakfast: \$1.25</td> <td>10 oz Bottled Water</td> <td>.50</td> <td></td> </tr> <tr> <td>Student Reduced Breakfast: \$.30</td> <td>16 oz Bottled Water</td> <td>.75</td> <td></td> </tr> <tr> <td>Adult Breakfast: \$1.85</td> <td>20 oz Bottled Water</td> <td>1.00</td> <td></td> </tr> <tr> <td>Student Lunch: \$1.75</td> <td>Fruit Snacks</td> <td>.35 - .50</td> <td></td> </tr> <tr> <td>Student Reduced Lunch: \$.40</td> <td>R/Fat Ice Cream:</td> <td>.70</td> <td></td> </tr> <tr> <td>Adult Lunch: \$3.25 w/ Drink</td> <td>100 % Juice</td> <td>.50</td> <td></td> </tr> <tr> <td>\$3.50</td> <td>White Milk</td> <td>.50</td> <td></td> </tr> <tr> <td></td> <td>Flavored Milk</td> <td>.55</td> <td></td> </tr> <tr> <td></td> <td>Baked Snacks</td> <td>.40-.60</td> <td></td> </tr> </table>	Student Breakfast: \$1.25	10 oz Bottled Water	.50		Student Reduced Breakfast: \$.30	16 oz Bottled Water	.75		Adult Breakfast: \$1.85	20 oz Bottled Water	1.00		Student Lunch: \$1.75	Fruit Snacks	.35 - .50		Student Reduced Lunch: \$.40	R/Fat Ice Cream:	.70		Adult Lunch: \$3.25 w/ Drink	100 % Juice	.50		\$3.50	White Milk	.50			Flavored Milk	.55			Baked Snacks	.40-.60		<p style="text-align: center;"><b>GIVE AWAY DAYS"</b></p> <p>Any student purchasing a school lunch on the given day, will receive a surprise! This month "Give Away Day" will be on May 18th, so be sure to buy a school lunch (hot or sandwich meal).</p>
Student Breakfast: \$1.25	10 oz Bottled Water	.50																																					
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	Baked Snacks	.40-.60																																					

Breakfast Monday	Breakfast Tuesday	Breakfast Wednesday	Breakfast Thursday	Breakfast Friday
Select one Pillsbury Mini Pancakes or Smuckers Maple Waffle	Choice of 2 breakfast items: Low fat pop tart Low fat Muffin	Select one Pillsbury Mini Pancakes or Smuckers Maple Waffle	Choice of 1 breakfast items: Warm Whole Grain Breakfast Cookie or	Select one Pillsbury Mini Pancakes or Smuckers Maple Waffle

and Assorted Fruit or Juice Assorted Milks	Cereal Snack Bags and Assorted Fruit or Juice Assorted Milks	and Assorted Fruit or Juice Assorted Milks	Assorted Breakfast Cereal Bars and Assorted Fruit or Juice Assorted Milks	and Assorted Fruit or Juice Assorted Milks
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In accordance with the Federal Law and the U.S. Dept. of Agriculture Policy, this institution is prohibited from discriminating on the basis of race, color, nation origin, sex, age and disability. To file a complaint of discrimination, call (202)720-5964. EOE