Questions? Please call
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July 2009
Harrison Community Schools
Larson Elementary Lunch Menu

PARENT E-NEWSLETTER

"Want more information? Visit our website at www.eatlearnlive.com to sign up for Chartwells' parent e-newsletter"

Monday	Tuesday	Wednesday	Thursday	Friday
Balanced Choices Meals are nutrient dense offerings that go beyond nutritional standards set forth by the National School Lunch Program. Each meal is designed to meet 1/3 of students' daily requirements for calories, Vitamins A & C, calcium, and iron and to provide no >30% of calories, no>10% calories from saturated fat, and no >1300 mg of sodium.	Weekly Entrée alternates: Peanut Butter & Jelly Sandwich Lunch include: Vegetable of the day, Fresh and Canned Fruit of the Day and Low Fat Milk Choice! **Products "d on this menu are made with whole grain**	1 Mini Corn Dogs OR Taco Salad w/Tortilla Chips Green Beans Banana Low Fat Milk	2 Cheeseburger on a Bun OR Turkey and Cheese Hoagie Carrot Sticks Apple Sauce cup Low Fat Milk	3 No School
6 Sloppy Joe Scoops OR Fish Nuggets Garlic Toast Seasoned Corn Apple Low Fat Milk Choice	7 Hot Dog on a Bun OR Turkey and Cheese Hoagie Creamy Coleslaw Orange Low Fat Milk Choice	8 Salisbury Steak in Beef Gravy Dinner Roll* OR Chicken Patty* on a Bun* Mashed Potatoes Watermelon Slice Low Fat Milk Choice	9 Cheese Pizza* Veggie Pasta Salad Chilled Fruit Low Fat Milk OR Chicken Caesar Salad Low Fat Milk Choice	10 No School
13 Mini Corn Dogs OR Ham and Cheese Hoagie Orange Glazed Carrots Grapes Low Fat Milk Choice	14 French Toast Sausage Links Hash Brown Patty OR Turkey BLT Wrap Banana Low Fat Milk Choice	15 Cheeseburger on a Bun* OR Bologna and Cheese on Wheat Bread* Seasoned Green Beans Watermelon Slice Low Fat Milk	16 Pepperoni Pizza* Veggie Pasta Salad Chilled Fruit Low Fat Milk OR Chef Salad	17 No School
20 Soft Shell Taco w/Meat and Cheese OR Ham and Cheese Hoagie Seasoned Corn Chilled Fruit Low Fat Milk	21 Baked Chicken Nuggets Buttered Noodles OR Turkey and Cheese Hoagie Fresh Garden Salad Apple Slices Low Fat Milk	22 Hot Dog on a Bun OR Macaroni and Cheese Wheat Dinner Roll Steamed Broccoli Grapes Low Fat Milk	23 Cheese Pizza* Veggie Pasta Salad Chilled Fruit Low Fat Milk OR Chicken Caesar Salad	24 No School
27 No School	28 No School	29 No School	30 No School	31 No School

MENU SUBJECT TO CHANGE WITHOUT NOTICE.

The School Lunch Program is operated in accordance with the U.S. Department of Agriculture policy, which does not permit discrimination because of race, color, sex, age, handicap, or national origin. Any person who believes that he or she has been discriminated against in any U.S.D.A activity should write to the Secretary of Agriculture, Washington, D.C. 20250.