


**May & June 2017**  
**Elementary Lunch Menus - Souderton Area School District**  
 This institution is an equal opportunity provider.  
 Menus are subject to change.



**FIELD TRIP?**  
 It's in the bag!  
 Enjoy a convenient and economical sack lunch on your next field trip!  
 Just **\$2.60**

**DON'T 4GET!**  
 To make a lunch, choose at least one



**and 3-5 items total**

**Souderton Area School District Food Services**

**Available Daily**  
 Choices may include  
 Fresh Veggies - Carrots, Cucumbers, Broccoli, Cauliflower, Lettuce, Peppers & Tomatoes  
 Fresh Fruit - Apples, Oranges & Bananas  
 100% Juice - Apple, Orange, Grape & Fruit Punch

**Monday, May 22**  
**Choose One:**  
 1. Tyson Chicken Nuggets & Roll  
 2. Variety of Breakfast Items & Sausage  
 3. Assorted Cheese Pizza Items  
 4. Grab & Go: Italian Hoagie & Baked Potato Chips  
 Vegetables & Fruit (Choose up to 3)  
 Steamed Corn  
 Seasoned Carrots  
 Sliced Pears  
 Extra Item: Fruit Juice Water Ice  
**Choice of Milk**

**Tuesday, May 23**  
 Lucky Penny Day  
**Choose One:**  
 1. Walking Beef Taco & Fixings  
 2. French Toast Sticks & Syrup w/ Sausage  
 3. Big Daddy's 4 Meat Pizza  
 4. Grab & Go: Yogurt Cup & Cereal  
 Vegetables & Fruit (Choose up to 3)  
 Baked Beans  
 Butter Crunch Lettuce Salad  
 Applesauce  
**Choice of Milk**


**Wednesday, May 24**  
**Choose One:**  
 1. Hot Dog in a Bun  
 2. Hot Ham & Cheese on a Pretzel Bun  
 3. Big Daddy's 4 Cheese Pizza  
 4. Grab & Go: Italian Hoagie & Baked Potato Chips  
 Vegetables & Fruit (Choose up to 3)  
 Steamed Broccoli Trees  
 Green Beans  
 Mixed Fruit  
**Choice of Milk**

**Thursday, May 25**  
 National Missing Children's Day  
**Choose One:**  
 1. Oven Roasted Chicken w/Roll  
 2. Cheeseburger on a Bun  
 3. Munchable: Soft Pretzel Sticks & Cheese Sauce  
 4. Grab & Go: Fresh Green Salad & Popcorn Chicken w/ Crackers  
 Vegetables & Fruit (Choose up to 3)  
 Mixed Veggies  
 Baby Carrots & Dip  
 Sliced Peaches  
 Extra Item: Fresh Baked Spring Cookie  
**Choice of Milk**

**Friday, May 26**  
 Don't Fry Friday Day  
**Choose One:**  
 1. Cheeseburger on a Bun  
 2. Hot Dog on a Bun  
 3. Munchable: Pizza Lunch Kit  
 4. Grab & Go: Italian Hoagie & Baked Potato Chips  
 Vegetables & Fruit (Choose up to 3)  
 Baked French Fries  
 Green Peas  
 Fresh Apple  
 Extra Item: Ice Cream  
**Choice of Milk**

**DOMINO'S PIZZA DAYS**

EMC	5/23	6/6
FRANCONIA	6/8	
OAK RIDGE	5/23	6/6
SALFORD HILLS	6/8	
VERNFIELD	5/25	6/1
WEST BROAD	6/7	



**Monday, May 29**



**MEMORIAL DAY NO SCHOOL TODAY**

**Tuesday, May 30**  
 Water a Flower Day  
**Choose One:**  
 1. Walking Beef Taco & Fixings  
 2. Variety of Breakfast Items & Sausage  
 3. Mini Pepperoni Pizza Bagels  
 4. Grab & Go: Ham & Cheese Hoagie w/Baked Potato Chips  
 Vegetables & Fruit (Choose up to 3)  
 Baked Beans  
 Pasta Salad w/Lots of Veggies  
 Applesauce  
 Extra Item: Fruit Juice Water Ice  
**Choice of Milk**

**Wednesday, May 31**  
 Save Your Hearing Day  
**Choose One:**  
 1. Cheeseburger on a Bun  
 2. Variety of Italian Entrées  
 3. Munchable: Soft Pretzel Sticks & Cheese Sauce  
 4. Grab & Go: Fruit & Yogurt Parfait w/Cereal  
 Vegetables & Fruit (Choose up to 3)  
 Green Peas  
 Seasoned Carrots  
 Sliced Pears  
**Choice of Milk**

**Thursday, June 1**  
 Flip a Coin Day  
**Choose One:**  
 1. Philly Cheese Steak Sandwich  
 2. Variety of Chicken Sandwiches  
 3. Assorted Cheese Pizza Items  
 4. Grab & Go: Fresh Green Salad & Popcorn Chicken w/ Soft Pretzel Sticks  
 Vegetables & Fruit (Choose up to 3)  
 Steamed Broccoli Trees  
 Green Beans  
 Sliced Peaches  
 Extra Item: Ice Cream  
**Choice of Milk**

**Friday, June 2**  
 National Doughnut Day  
**Choose One:**  
 1. Breaded Chicken & Roll  
 2. Assorted Hot Sandwiches  
 3. Munchable: Pizza Lunch Kit  
 4. Grab & Go: Ham & Cheese Hoagie w/Baked Potato Chips  
 Vegetables & Fruit (Choose up to 3)  
 Seasoned Corn  
 Butter Crunch Lettuce Salad & Cherry Tomatoes  
 Mixed Fruit  
 Extra Item: Breakfast Ring  
**Choice of Milk**



# May & June 2017

## Elementary Lunch Menus - Souderton Area School District

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**OUR NATION'S HISTORY**

The American poet and journalist Walt Whitman, one of our country's most original and most acclaimed writers, was born on May 31, 1819 on Long Island in New York State. He began work on his masterpiece, a collection of poems entitled *Leaves of Grass*, before 1850 and continually revised and added to the book until his death in 1892. He is considered the first truly American poet, and is particularly remembered for poems like "Song of Myself" and "Oh Captain, My Captain!," which he wrote upon the assassination of President Abraham Lincoln. Whitman also volunteered in Army hospitals during the American Civil War, helping to care for wounded soldiers.

**WITH LIBERTY & JUSTICE FOR ALL**

**Monday, June 5**  
World Environment Day  
**Choose One:**

1. Tyson Breaded Chicken Nuggets & Roll
2. Variety of Pizza Items
3. Grab & Go: Fresh Green Salad & Popcorn Chicken w/ Soft Pretzel Sticks

Vegetables & Fruit (Choose up to 3)  
Baked French Fries  
Seasoned Carrots  
Applesauce  
Extra Item: Fresh Baked Cookie

**Choice of Milk**

**Tuesday, June 6**  
National Yo-Yo Day  
**Choose One:**

1. Walking Beef Taco & Fixings
2. Variety of Pizza Items
3. Grab & Go: Yogurt Cup & Cereal

Vegetables & Fruit (Choose up to 3)  
Seasoned Corn  
Steamed Broccoli Trees  
Sliced Peaches  
Extra Item: Fruit Juice Water Ice

**Choice of Milk**

**Wednesday, June 7**  
National Chocolate Ice Cream Day  
**Choose One:**

1. Variety of Breakfast Items & Sausage
2. Variety of Pizza Items
3. Grab & Go: Bologna & Cheese Sandwich w/Baked Potato Chips

Vegetables & Fruit (Choose up to 3)  
Green Beans  
Fresh Veggie Tray & Dip  
Mixed Fruit  
Extra Item: Ice Cream

**Choice of Milk**

**Thursday, June 8**  
Best Friends Day  
**Choose One:**

1. Cheeseburger on a Bun
2. Variety of Pizza Items
3. Grab & Go: Yogurt Cup & Cereal

Vegetables & Fruit (Choose up to 3)  
Green Peas  
Butter Crunch Lettuce Salad  
Sliced Pears  
Extra Item: Bagged Snack

**Choice of Milk**

**Friday, June 9**  
Donald Duck Day  
**Choose One:**

1. Hot Dog on a Bun
2. Variety of Pizza Items
3. Grab & Go: Bologna & Cheese Sandwich w/Baked Potato Chips

Vegetables & Fruit (Choose up to 3)  
Baked Beans  
Fresh Veggie Tray & Dip  
Fresh Sliced Apples  
Extra Item: Variety of Items

**Choice of Milk**

**NUTRITION TO GO**

**"Coleslaw" comes from a Dutch phrase ("kool sla") that means cabbage salad. Cabbage has been shown to help prevent certain types of cancer, and it's also loaded with vitamin C. Cabbage is easy to grow and tolerates cold very well. That's probably why it's featured in a lot of northern dishes, like sauerkraut.**

**A TASTY MORSEL FOR PARENTS**

**MOO TO YOU, TOO**

CHOICE OF MILK SERVED WITH ALL COMPLETE MEALS:  
FF CHOCOLATE,  
FF STRAWBERRY,  
FF WHITE, 1% WHITE

**Monday, June 12**  
**Early Dismissal**

**NO LUNCH SERVED**

**Smile.**  
It's summertime.  
We'll see you next year. Enjoy!

Prepay online!  
[mySchoolBucks.com](http://mySchoolBucks.com)

**MY SCHOOL BUCKS**

Breakfast \$1.35  
Lunch \$2.60