

MAY 2019

Mr. Jonathon Stewart, Principal

School Office (623) 474-7000
 Attendance (623) 474-7005
 Cafeteria (623) 477-7033



Dos Rios School

Union District Food Service Dept.

Monday	Tuesday	Wednesday	Thursday	Friday
		1. Early Dismissal	2.	3.
		Bagels & Crm Cheese Fresh Grapes CranRasp Juice	Egg Burrito Apple Juice Sliced Apples	Berry Crumb Cake Mandarin Oranges Grape Juice
		Beef Meatloaf Whipped Potatoes Sunshine Carrots Fruit & Veg Bar	Mac & Cheese Broccoli Florets Fruit & Veg Bar	Hot Dog Baked Beans Fruit & Veg Bar
6.	7.	8. Early Dismissal	9.	10.
Sliced Bread Apple Slices Fruit Juice	Pancakes Grape Juice Cinn Applesauce	Strawberry Yogurt Scooby Doo Graham Fruit Juice Fresh Grapes	Nutri Grain Bar Orange Juice Mixed Fruit Bowl	Egg Tac-Go Apple Juice Mixed Fruit Bowl Cherry Craisins
Chicken Nuggets Tater Tots Fruit & Veg Bar	Asian Chicken Stir Fry Vegetables Fruit & Veg Bar	Soft Taco Spicy Pinto Beans Fruit & Veg Bar	Turkey Gravy Whipped Potatoes Green Beans Fruit & Veg Bar	Pepperoni Pizza Green Salad Mix Mix Veg Cup Chilled Fruit



SCHOOL LUNCH SUPERHERO DAY

FRIDAY MAY 3rd

Author Jarret Krosoczka has turned his former school Cafeteria ladies into Superhero in his graphic novels. Have you read one yet? What kinds of things do you think School Lunch staff do when you are not around?

Thank You Ladies- Leslie, Guillermina, Cecilia, Pat, Mayte, Patty and Martha



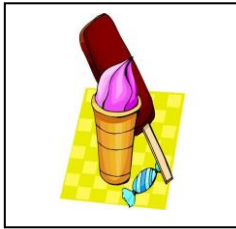
Vegetable of the Month

Lets hear a huge cheer for my favorite vegetable!

Gimme a B-R-O-C-C-O-L-I. Yeah Broccoli!!

When I was little I would ask my mom for trees for dinner. Broccoli is related to cabbage, it's grown in California. The avg. American eats 9.6 pounds are year. Broccoli is a cruciferous vegetable, full of Vitamins A&C, calcium, iron, potassium and fiber.


Former President Bush in 1990 declared Air Force 1- Broccoli Free. I guess he didn't have good taste, if he didn't like broccoli. You can eat broccoli raw or cooked, it's a Very Good Thing.



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13. Honey Bun Grape Juice Peach Applesauce	14. Choc Donut Cheese Stick CranRasp Juice Sliced Apples	15. Early Dismissal Cinn Mini Bagel Grapes Apple Juice	16. Banana Chunk Bar Raisins- chewy fun Orange Juice	17. Berry French Toast Fruit Juice Applesauce Cup
Mini Corn Dogs Twisted Fries Fruit & Veg Bar	Roasted Chicken Whipped Potatoes Fruit & Veg Bar	Chili Verde w/ Tortilla Spicy Pinto Beans Fruit & Veg Bar	Pasta Italiano Garlic Bread Buttered Veggies Fruit & Veg Bar	Chicken Sandwich Mix Veg Cup French Fry Fresh Fruit
20. Cereal Bar Grape Juice Peach Applesauce	21. Hot Breakfast Apple Juice Grapes	22. Early Dismissal Manager's Choice	23. Early Dismissal Manager's Choice	24. NO SCHOOL
Hamburger Tater Tots Baked Beans Fruit & Veg Bar	Manager's Choice 	Pepperoni Pizza Green Salad Mix Mix Veg Cup Chilled Fruit	Sack Lunch Early Release LAST DAY OF SCHOOL!!!	Enjoy Your Summer Vacation



During the school year, kids get nutritious meals at school. Kids are just as hungry in the summer, when school is out! The Summer Food Service Program (SFSP) helps children and teens get the essential nutrition they need during the summer months. This summer we will serve breakfast and lunch to kids every day - free! Meals are open to all kids 18 years of age and under. No sign-up or paperwork is required.

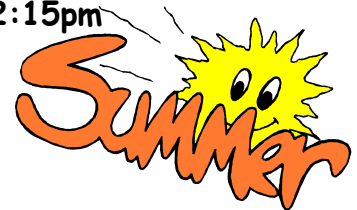
Where? Hurley Ranch School

Dates? June 3 thru June 20, Monday - Thursday (closed Fridays)

Times? Breakfast from 7:30- 8:30am, Lunch from 11:15 - 12:15pm

Who? All kids 18 years of age and under

Cost: Free!



Kids need nutritious meals to be ready for the next school year. The Summer Food Service is food that's in when school is out.