



MAY 2019


Hurley Ranch School
Union District Food Service Dept.

Dr. Randy Watkins, Principal

School Office (623) 478-5100
 Attendance (623) 478-5100
 Cafeteria (623) 478-5122



Monday	Tuesday	Wednesday	Thursday	Friday
		1. Early Dismissal	2.	3. SuperHero Day
		Bagel & Crm Cheese Fresh Grapes CranRasp Juice	Cinnamon Roll Apple Juice Sliced Apples	Maple Waffles Mandarin Oranges Grape Juice
		California Burger Tater Tots Fruit & Veg Bar	Popcorn Chicken Potato Bowl Fruit & Veg Bar	Ckn Fried Steak Sandwich Corn on Cob Fruit & Veg Bar
6.	7.	8. Early Dismissal	9.	10.
Sweet Bread Sliced Apples Fruit Juice	Pancake Stick Grape Juice Cinn Applesauce	Strawberry Yogurt Scooby Doo Graham Fruit Juice Fresh Grapes	Nutri Grain Bar Orange Juice Mixed Fruit Bowl	Egg Slider Apple Juice Mixed Fruit Bowl
Chicken Nuggets Tater Tots Fruit & Veg Bar	Cheese Crisp Refried Beans Fruit & Veg Bar	Mac & Cheese Broccoli Florets Fruit & Veg Bar	Manager's Choice	Pepperoni Pizza Green Salad Mix Mix Veg Cup Chilled Fruit
<i>We offer 1% white and non-fat flavored milks at meal service.</i>		<i>Substitute menus are sometimes necessary.</i>		This institution is an equal opportunity provider




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- Marlenne, Esperanza, Maricela, Gloria, Nena, Nadia, Selma & Milka

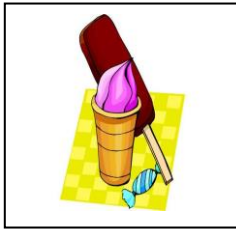


Vegetable of the Month

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, meaning steamed broccoli. Broccoli is related to cabbage, it's grown in California. The avg. American eats 9.6 pounds each 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.	14.	15. Early Dismissal	16.	17.
Honey Bun Grape Juice Peach Applesauce	Fruity Muffin CranRasp Juice Sliced Apples	Cinn Mini Bagel Grapes Apple Juice	Banana Chunk Bar Raisins- chewy fun Orange Juice	Berry French Toast Fruit Juice Applesauce Cup
Bean Burrito Buttered Corn Fruit & Veg Bar	Crunchy Tacos Spicy Pinto Beans Fruit & Veg Bar	Cheeseburger French Fries Fruit & Veg Bar	Buffalo Chicken Potato Bowl Fruit & Veg Bar	Hot Dogs Tater Tots Mix Veg Cup Fresh Fruit
20.	21.	22. Early Dismissal	23. Early Dismissal	24.
Cereal Bar Grape Juice Peach Applesauce	Maple Waffles Apple Juice Grapes	Manager's Choice	Manager's Choice	NO SCHOOL
Chicken Sandwich Tater Tots 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 for free! Meals are open to all kids 18 years of age and under. No sign-up or paperwork is required.

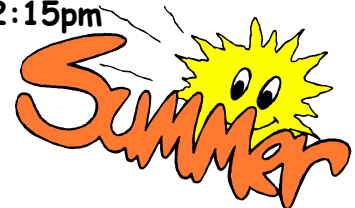
Where? Hurley Ranch School

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.