



MAY 2017

Hurley Ranch School
Union District Food Service Dept.

Dr. Randy Watson, Principal

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



Monday	Tuesday	Wednesday	Thursday	Friday
1. Cheese Stick Cereal Bar Grape Juice Fresh Banana	2. EggCheese Slider CranRasp Juice Peach Bowl	3. Early Release Bagel with Cream Cheese Sliced Apples Fruit Juice	4. Strawberry Yogurt Bug Bite Grahams Fresh Fruit Fruit Juice	5. Maple Waffles Fruit Juice Orange Wedges
Bean Chalupa Buttered Corn Fruit & Veggie Bar	California Burger French Fry Fruit & Veggie Bar	Sack Lunch	Cheese Crisp Spicy Pinto Beans Fruit & Veggie Bar	Pepperoni Pizza Green Salad Mix Fresh Veggies Fresh Fruit
8. Banana Chunk Bar Sliced Apples Fruit Juice	9. Egg Cheese Wrap Grape Juice Fresh Banana	10. PBJ Wafer Sliced Apples, bag Fruit Juice	11. Blueberry Loaf Cheese Cubes Orange Juice Peach Bowl	12. Berry French Toast Apple Juice Mixed Fruit Bowl
Cheese Enchiladas Spicy Pinto Beans Fruit & Veggie Bar	Asian Chicken Stir Fry Veggies Fruit & Veggie Bar	Chicken Pot Pie with Biscuit Fruit & Veggie Bar	Beefy Chili Grn Chili Cornbread Fruit & Veggie Bar	Bean Burrito Chuckwagon Corn Lettuce & Salsa Mixed Fruit
<i>We offer 1% white and non-fat flavored milks at meal service.</i>		<i>Substitute menus are sometimes necessary.</i>		<i>"This institution is an equal opportunity provider and employer."</i>



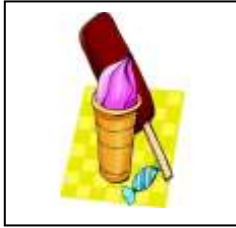
SCHOOL LUNCH SUPERHERO DAY

Friday, May 5th

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 - Marlenne, Esperanza, Elvia, Maricela, Nina, Nadia, Selma & Maria





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15.	16.	17.	18.	19.
Mgr's Choice	Fruit Frudel CranRasp Juice Applesauce Cup	Strawberry Yogurt Bug Bite Grahams Fresh Fruit Fruit Juice	Breakfast Bar Peach Bowl Grape Juice	Maple Pancakes Fruit Juice Mandarin Oranges
Cheeseburger Tater Tots Fruit & Veggie Bar	Soft Beef Taco Spicy Pinto Beans Fruit & Veggie Bar	Meatball Sandwich Baby Carrots Fruit & Veggie Bar	Roasted Chicken Mashed Potatoes Fruit & Veggie Bar	Pepperoni Pizza Green Salad Mix Fresh Veggies Chilled Fruit
22.	23.	24.	25.	26.
Orange Muffin Cheese Stick Orange Juice Applesauce Cup	Pancake Stick Apple Juice Mandarin Oranges	Banana Bread Apple Juice Fresh Grapes	Egg Cheese Wrap Tropical Fruit CranRasp Juice	Mgr's Choice
Chicken Sandwich Tater Tots Fruit & Veggie Bar	Chicken Fajita w/ Tortilla Spicy Pinto Beans Fruit & Veggie Bar	Pepperoni Pizza Green Salad Mix Fresh Veggies Chilled Fruit	Manager's Choice	Sack Lunch Early Release LAST DAY OF SCHOOL!!!



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.

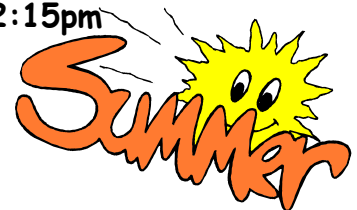
Where? Dos Rios School

Dates? May 30 thru June 22, Monday - Thursday (closed Fridays)

Times? Breakfast from 7:45- 8:45am, 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!

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.