



**UXBRIDGE EARLY LEARNING CENTER**

PRICES:

Lunch 2.75  
 Reduced Lunch .40  
 Milk .50

Menu Subject To Change

Questions, comments or concerns,  
 Call Janice Watt  
 Food Service Director  
 At 508-278-8644  
[jwatt@uxbridge.k12.ma.u](mailto:jwatt@uxbridge.k12.ma.u)

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| <p><b>Monday, April 30</b></p> <p>Chicken Fries</p> <p><b>Served with</b><br/>       Wheat Dinner Roll<br/>       Butternut Squash<br/>       Applesauce<br/>       Choice of Milk</p> | <p><b>Tuesday, May 1</b></p> <p>Mini Pancakes &amp; Sausage</p> <p><b>Served with</b><br/>       Hash Brown Patty<br/>       100% Fruit Juice<br/>       Pudding Cup<br/>       Choice of Milk</p> | <p><b>Wednesday, May 2</b></p> <p>Pizza Sticks &amp; Sauce</p> <p><b>Served with</b><br/>       Crunchy Baby Carrots<br/>       Mixed Fruit<br/>       Animal Crackers<br/>       Choice of Milk</p> | <p><b>Thursday, May 3</b></p> <p>Chicken Patty Sandwich</p> <p><b>Served with</b><br/>       California Blend Veggies<br/>       Goldfish Crackers<br/>       Strawberries &amp; Bananas<br/>       Choice of Milk</p> | <p><b>Friday, May 4</b></p> <p>Giorgio's Cheese Pizza Wedge</p> <p><b>Served with</b><br/>       Caesar Salad<br/>       Marinated Chic Peas<br/>       Fresh Melon<br/>       Choice of Milk</p> |
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| <p><b>Monday, May 7</b></p> <p>Popcorn Chicken</p> <p><b>Served with</b><br/>       Hot Veggie of the Day<br/>       Lemon Bulgar Pilaf<br/>       Mini Apple Pie<br/>       Choice of Milk</p> | <p><b>Tuesday, May 8</b></p> <p>Stuffed Crust Pizza</p> <p><b>Served with</b><br/>       Caesar Salad<br/>       Chilled Peaches<br/>       Teddy Grahams<br/>       Choice of Milk</p> | <p><b>Wednesday, May 9</b></p> <p>Soft Pretzel &amp; Strawberry Yogurt Lunch</p> <p><b>Served with</b><br/>       Veggie Sticks &amp; Ranch<br/>       Pears &amp; Cherries<br/>       Baker's Choice Dessert<br/>       Choice of Milk</p> | <p><b>Thursday, May 10</b></p> <p>Pizza for One</p> <p><b>Served with</b><br/>       Crunchy Baby Carrots<br/>       Fresh Kiwi<br/>       Mini Bag of Pretzels<br/>       Choice of Milk</p> | <p><b>Friday, May 11</b></p> <p>Long Hot Dog on a Bun</p> <p><b>Served with</b><br/>       Baked Beans<br/>       Oven Fries<br/>       Fresh Grapes<br/>       Choice of Milk</p> |
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| <p><b>Monday, May 14</b></p> <p>Chicken Patty Sandwich</p> <p><b>Served with</b><br/>       Glazed Carrots<br/>       Brown Rice Pilaf<br/>       Strawberries &amp; Creme<br/>       Choice of Milk</p> | <p><b>Tuesday, May 15</b></p> <p>Cheeseburger on a Bun</p> <p><b>Served with</b><br/>       Roasted Sweet Potatoes<br/>       Fresh Apple<br/>       Jello with Topping<br/>       Choice of Milk</p> | <p><b>Wednesday, May 16</b></p> <p>French Bread Pizza</p> <p><b>Served with</b><br/>       Sliced Cucumbers<br/>       Wheat Berry Salad<br/>       Pineapple Tidbits<br/>       Choice of Milk</p> | <p><b>Thursday, May 17</b></p> <p>Cheese Nachos</p> <p><b>Served with</b><br/>       Vegetarian Chili<br/>       String Cheese<br/>       Fresh Grapes<br/>       Choice of Milk</p> | <p><b>Friday, May 18</b></p> <p>Uno's Cheese Pizza</p> <p><b>Served with</b><br/>       Broccoli &amp; Ranch Dip<br/>       Blue Raspberry Juice<br/>       Goldfish Crackers<br/>       Choice of Milk</p> |
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**MOTHER'S DAY - MAY 13, 2012**  
**FATHER'S DAY - JUNE 17, 2012**



**A stuffed baked potato makes for a fantastic meatless meal! The potato is one of the most nutritious foods of all, with almost no fat, lots of nutrients, and about 1/4 of your daily fiber. Watch the stuffings, though -- a load of butter adds a load of fat. A tablespoon or two of reduced-fat sour cream is a good substitute.**

**A TASTY MORSEL FOR PARENTS**

# SNACK WELL?

Snack foods are loaded with empty calories from solid fats and added sugar. Sad thing is, a third of all of our daily calories, on average, come from candy, chips, soda, pastries, and other junky snack foods. Luckily, there's a cure for this condition: can you say fresh fruit?



**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.**  
**WELLNESS IS A WAY OF LIFE!**

| Monday, May 21  | Tuesday, May 22   | Wednesday, May 23   | Thursday, May 24   | Friday, May 25   |
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| Chicken Tenders   | French Toast & Sausage  | Pasta & Meat Sauce  | Macaroni & Cheese  | Bagel Pizza  |
| <b>Served with</b><br>Sweet Peas<br>Garlic & Herb Pasta<br>Pears & Cherries<br>Choice of Milk   | <b>Served with</b><br>Potato Puffs<br>100% Fruit Punch<br>Graham Crackers<br>Choice of Milk         | <b>Served with</b><br>Caesar Salad<br>Wheat Bread Stick<br>Applesauce<br>Choice of Milk   | <b>Served with</b><br>Lemon Zest Broccoli<br>Wheat Dinner Roll<br>Fresh Banana<br>Choice of Milk | <b>Served with</b><br>Carrot Slaw<br>Mixed Fruit<br>Baker's Choice Dessert<br>Choice of Milk |
| Monday, May 28  | Tuesday, May 29   | Wednesday, May 30   | Thursday, May 31   | Friday, June 1   |
|  <p><b>MEMORIAL DAY</b></p> <p><i>No School Today</i></p> | Hot Dog on a Bun  | Cheesy Bread  | NO SCHOOL<br>PRE-K &<br>KINDERGARTEN   | Giorgio Cheese Pizza Wedge   |
|   | <b>Served with</b><br>Sweet Potato Fries<br>Baked Beans<br>Frozen Fruit Shape Ups<br>Choice of Milk | <b>Served with</b><br>Broccoli Salad<br>Orange Wedges<br>Oatmeal Cookie<br>Choice of Milk | PARENT<br>TEACHER<br>CONFERENCE  | <b>Served with</b><br>Caesar Salad<br>Pasta Salad<br>Watermelon<br>Choice of Milk            |

## UXBRIDGE COMMUNITY GARDENS

Did you know that there is a new, organic, community garden "growing" here in Uxbridge?

Gardening is a healthy and fun family activity, as well as an educational one for your children.

Keep the kids busy this summer AND enjoy the fruits (and vegetables) of your labor!

There are still plots available for rent (\$20), and the planting season is NOW, so don't delay!

The soil has been plowed, so it is ready to go!

Visit the Town of Uxbridge Website for the application & more info about the garden:  
<http://www.uxbridge-ma.gov/>



ELC 5/12

## Word of the Month

### hu·mane

*adj.* 1. marked by compassion, sympathy, or consideration for humans or animals 2. motivated by concern with the alleviation of suffering