

MENUS FOR MAY 2012



UXBRIDGE OUR LADY OF THE VALLEY

PRICES:

Lunch 3.00

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

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



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

**FIELD
DAY
TODAY**

Tuesday, May 22

French Toast & Sausage

Served with
 Potato Puffs
 100% Fruit Punch
 Graham Crackers
 Choice of Milk

Wednesday, May 23

Pasta & Meat Sauce

Served with
 Caesar Salad
 Wheat Bread Stick
 Applesauce
 Choice of Milk

Thursday, May 24

Macaroni & Cheese

Served with
 Lemon Zest Broccoli
 Wheat Dinner Roll
 Fresh Banana
 Choice of Milk

Friday, May 25

Bagel Pizza

Served with
 Carrot Slaw
 Mixed Fruit
 Baker's Choice Dessert
 Choice of Milk

Monday, May 28



No School Today

Tuesday, May 29

Hot Dog on a Bun

Served with
 Sweet Potato Fries
 Baked Beans
 Frozen Fruit Shape Ups
 Choice of Milk

Wednesday, May 30

Cheesy Bread

Served with
 Broccoli Salad
 Orange Wedges
 Oatmeal Cookie
 Choice of Milk

Thursday, May 31

Beef Nachos

Served with
 Golden Corn
 Fiesta Rice
 Apple Crisp
 Choice of Milk

Friday, June 1

Giorgio Cheese Pizza Wedge

Served with
 Caesar Salad
 Pasta Salad
 Watermelon
 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/>



Uxbridge Community Gardens

OLV 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