

# MENUS FOR MAY 2012



## UXBRIDGE TAFT ELEMENTARY

**PRICES:**  
 Lunch 2.75  
 Reduced Lunch: .40  
 Milk .50  
 Breakfast 1.25  
 Reduced Breakfast .30  
 Menu Subject To Change  
 Questions, comments or concerns,  
 Call Janice Watt  
 Food Service Director  
 At 508-278-8644  
 jwatt@uxbridge.k12.ma.us

**BREAKFAST**

Breakfast is available daily 10 minutes before school starts:  
 Full price: 1.25  
 Reduced: .40

Breakfast choices are:  
 Cereal, yogurt, breakfast bars, juice & milk

**Monday, April 30**

**Choice of One**  
 Chicken Fries  
 Beef Ravioli  
 Uncrustable PBJ

**Served with**  
 Wheat Dinner Roll (W)  
 Butternut Squash  
 Salad Bar  
 Applesauce  
 Choice of Milk

**Tuesday, May 1**

**Choice of One**  
 Mini Pancakes & Sausage (W)  
 Soft Pretzel & Yogurt Lunch (W)  
 Uncrustable PBJ

**Served with**  
 Hash Brown Patty  
 Choice of Juice  
 Salad Bar  
 Pudding Cup  
 Choice of Milk

**Wednesday, May 2**

**Choice of One**  
 Pizza Sticks & Sauce (W)  
 Mini Bagel Lunch  
 Uncrustable PBJ

**Served with**  
 Crunchy Baby Carrots  
 Salad Bar  
 Mixed Fruit  
 Animal Crackers  
 Choice of Milk

**Thursday, May 3**

**Choice of One**  
 Chicken Alfredo Rotini (W)  
 Chicken Patty Sandwich (W)  
 Uncrustable PBJ

**Served with**  
 California Blend Veggies  
 Goldfish Crackers  
 Salad Bar  
 Strawberries & Bananas  
 Choice of Milk

**Friday, May 4**

**Choice of One**  
 Giorgio's Cheese Pizza  
 Wedge (W)  
 Bug Bite Lunch  
 Uncrustable PBJ

**Served with**  
 Caesar Salad  
 Marinated Chic Peas  
 Salad Bar  
 Fresh Melon  
 Choice of Milk

**Monday, May 7**

**Choice of One**  
 Popcorn Chicken  
 Mini Bagel Lunch  
 Uncrustable PBJ

**Served with**  
 Sweet Spinach Salad  
 Lemon Bulgar Pilaf (W)  
 Salad Bar  
 Mini Apple Pie (W)  
 Choice of Milk

**Tuesday, May 8**

**Choice of One**  
 Stuffed Crust Pizza (W)  
 Ham & Cheese Bagel (W)  
 Uncrustable PBJ

**Served with**  
 Caesar Salad  
 Salad Bar  
 Chilled Peaches  
 Teddy Grahams  
 Choice of Milk

**Wednesday, May 9**

**Choice of One**  
 Toasted Cheese Sandwich (W)  
 Soft Pretzel & Yogurt Lunch (W)  
 Uncrustable PBJ

**Served with**  
 Minestrone Soup  
 Cape Cod Chips  
 Salad Bar  
 Pears & Cherries  
 Choice of Milk

**Thursday, May 10**

**Choice of One**  
 Papa Gino's Pizza  
 Chicken Caesar Wrap  
 Uncrustable PBJ

**Served with**  
 Crunchy Baby Carrots  
 Salad Bar  
 Fresh Kiwi  
 Mini Bag of Pretzels  
 Choice of Milk

**Friday, May 11**

**Choice of One**  
 Long Hot Dog on a Bun  
 New! Cheddar Chex Fun Lunch (W)  
 (Chex mix, string cheese & sunflower seeds)  
 Uncrustable PBJ  
**Served with**  
 Baked Beans  
 Oven Fries  
 Salad Bar  
 Fresh Grapes  
 Choice of Milk

**Monday, May 14**

**Choice of One**  
 Chicken Patty Sandwich (W)  
 Mini Bagel Lunch  
 Uncrustable PBJ

**Served with**  
 Glazed Carrots  
 Brown Rice Pilaf (W)  
 Salad Bar  
 Strawberries & Creme  
 Choice of Milk

**Tuesday, May 15**

**Choice of One**  
 Cheeseburger on a Bun (W)  
 Yogurt Berry Parfait (W)  
 Uncrustable PBJ

**Served with**  
 Roasted Sweet Potatoes  
 Salad Bar  
 Fresh Apple  
 Jello with Topping  
 Choice of Milk

**Wednesday, May 16**

**Choice of One**  
 French Bread Pizza  
 Bug Bite Lunch  
 Uncrustable PBJ

**Served with**  
 Cucumbers & Dip  
 Wheat Berry Salad (W)  
 Salad Bar  
 Pineapple Tidbits  
 Choice of Milk

**Thursday, May 17**

**Choice of One**  
 Cheese Nachos (W)  
 Chicken Caesar Wrap  
 Uncrustable PBJ

**Served with**  
 Vegetarian Chili (W)  
 Salad Bar  
 String Cheese  
 Fresh Grapes  
 Choice of Milk

**Friday, May 18**

**Choice of One**  
 Uno's Cheese Pizza  
 Fish Patty Sandwich (W)  
 Uncrustable PBJ

**Served with**  
 Broccoli & Ranch Hummus  
 Salad Bar  
 Blue Raspberry Juice  
 Goldfish Crackers  
 Choice of Milk





# NUTRITION TO GO

**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**

TAFT 5/12

# 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**

**Choice of One**  
 Chicken Tenders (W)  
 Soft Pretzel & Yogurt Uncrustable PBJ (W)

**Served with**  
 Sweet Peas (W)  
 Garlic & Herb Pasta Salad Bar (W)  
 Pears & Cherries  
 Choice of Milk

**Tuesday, May 22**

**Choice of One**  
 French Toast & Sausage Egg & Cheese Croissant (W)  
 Uncrustable PBJ (W)

**Served with**  
 Potato Puffs  
 Salad Bar  
 100% Fruit Punch  
 Graham Crackers (W)  
 Choice of Milk

**Wednesday, May 23**

**Choice of One**  
 Pasta & Meat Sauce (W)  
 Chicken Teriyaki Sandwich (W)  
 Uncrustable PBJ (W)

**Served with**  
 Caesar Salad  
 Salad Bar  
 Wheat Bread Stick (W)  
 Applesauce  
 Choice of Milk

**Thursday, May 24**

**Choice of One**  
 Macaroni & Cheese (W)  
 Chicken Patty Sandwich (W)  
 Uncrustable PBJ (W)

**Served with**  
 Lemon Zest Broccoli Salad Bar (W)  
 Wheat Dinner Roll (W)  
 Fresh Banana  
 Choice of Milk

**Friday, May 25**

**Choice of One**  
 Bagel Pizza (W)  
 Cheddar Chex Fun Lunch (W)  
 (Chex mix, string cheese & sunflower seeds)  
 Uncrustable PBJ (W)

**Served with**  
 Corn & Black Bean Salad  
 Carrot Slaw  
 Salad Bar  
 Mixed Fruit  
 Choice of Milk

**Monday, May 28**

**MEMORIAL DAY**

**No School Today**

**Tuesday, May 29**

**Choice of One**  
 Hot Dog on a Bun (W)  
 Yogurt Berry Parfait (W)  
 Uncrustable PBJ (W)

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

**Wednesday, May 30**

**Choice of One**  
 Meatball Sub (W)  
 Cheesy Bread (W)  
 Uncrustable PBJ (W)

**Served with**  
 Broccoli Salad  
 Salad Bar  
 Orange Wedges  
 Oatmeal Cookie  
 Choice of Milk

**Thursday, May 31**

**Choice of One**  
 Beef Nachos (W)  
 Fresh Fruit & Yogurt (W)  
 Uncrustable PBJ (W)

**Served with**  
 Golden Corn  
 Fiesta Rice (W)  
 Salad Bar  
 Apple Crisp  
 Choice of Milk

**Friday, June 1**

**Choice of One**  
 Giorgio Cheese Pizza Wedge (W)  
 Bug Bite Lunch (W)  
 Uncrustable PBJ (W)

**Served with**  
 Caesar Salad (W)  
 Pasta Salad (W)  
 Salad Bar  
 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/>



(W) = WHOLE GRAINS

**Available Daily**

**We offer a variety of snacks, such as:**

- Baked Doritos**
- Pirate's Booty**
- Snikiddy Fries**

**Price ranges from .50-.75**

**Bottled Water .50**

**Low fat ice cream on Fridays .75**