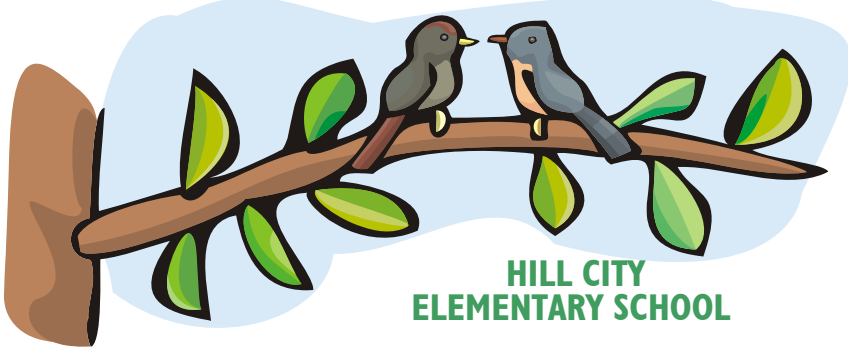


Menus for May 2009



**HILL CITY
ELEMENTARY SCHOOL**

"Pickens County Board of Education is an Equal Opportunity Provider and Employer."

Word of the Month

free·dom

n. 1. The capacity to exercise choice; free will
2. Liberty of the person from slavery, detention, or oppression
3. Political independence

Friday, May 1

Breakfast Biscuit w/Sausage & Jelly or Wholegrain Cereal

Lunch

Pepperoni Pizza with Whole Grain Crust or Gr. Chicken Caesar Chef Salad or PB & J Sandwich Plate (Choice of two Fruits and/or Vegetables)

Caesar Side Salad
Chilled Fruit
Fresh Fruit

Teddy Grahams
Cold Milk Choice

GET REAL.



Here's a simple rule for eating healthier: keep it real. As often as possible, try to eat fresh fruit, veggies, and other whole foods. Cut back on processed food and other stuff that doesn't exist in nature.

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

Monday, May 4

Double Waffles with Syrup
Sausage Link

Lunch

Two Cheese Quesadillas
Salsa or Chef's Salad Plate or PB & J Sandwich Plate (Choice of two Fruits and/or Vegetables)

Black Beans - Corn
Chilled Fruit
Fresh Fruit

Lime Sherbet
Cold Milk Choice

Tuesday, May 5

Breakfast Bagel with Sausage Gravy & Cheese

Lunch

Hamburger
Oven French Fries or Grilled Chicken Sandwich or PB & J Sandwich Plate (Choice of two Fruits and/or Vegetables)

Lettuce / Tomato / Pickles
Chilled Cut Fruit
Fresh Fruit

Cold Milk Choice

Wed., May 6

Breakfast Chicken Biscuit or Wholegrain Cereal & Toast

Lunch

Chunky Chicken Noodle Soup
Crackers or Deli Hoagie with Chips or PB & J Sandwich Plate (Choice of two Fruits and/or Vegetables)

Fresh Broccoli, Carrots, Celery with Ranch Dip
Chilled Fruit / Fresh Fruit

Chocolate Chip Cookie
Cold Milk Choice

Thursday, May 7

Banana or Blueberry Muffin with 4 oz. Yogurt

Lunch

Beans & Ham
Mac and Cheese / Cornbread or Baked Potato Plate or PB & J Sandwich Plate (Choice of two Fruits and/or Vegetables)

Coleslaw
Chilled Fruit
Fresh Fruit

Strawberry Ice Cream Cup
Cold Milk Choice

Friday, May 8

Breakfast Biscuit w/Sausage & Jelly or Wholegrain Cereal

Lunch

Stuffed Crust Cheese Pizza or Gr. Chicken Caesar Chef Salad or PB & J Sandwich Plate (Choice of two Fruits and/or Vegetables)

Caesar Side Salad
Corn
Mandarin Oranges
Fresh Fruit

Cold Milk Choice

Don't be fooled by the apron.

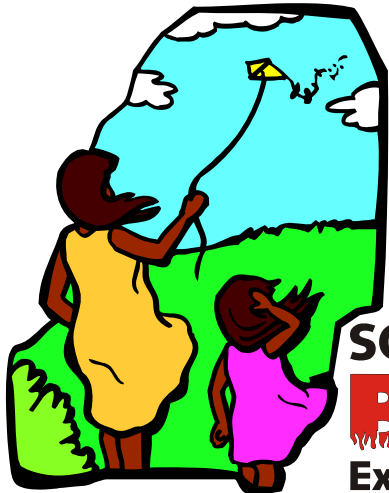
There are special folks on the staff at our school whose job is to help improve students' concentration and classroom participation, increase standardized test scores, and make sure our kids stay healthy and ready to learn. And, amazingly, these members of our educational team perform all of these impressive feats while wearing an apron!

Our child nutrition employees may not see the inside of a classroom very often, but they do make a daily contribution to your child's educational success.

It's really a very simple recipe: research shows that kids who eat well learn better. So the hard work that gets done in our school restaurants every day isn't just about preparing and serving meals to our kids. It's also about helping to make good education possible.

We're proud of the people who do all of that hard work, largely unseen by parents, students, and other staff members. Please join us in saying thanks to our dedicated employees during School Nutrition Employee Appreciation Week, May 5-9. And don't be fooled by the aprons - these folks help work miracles for our kids every day!

School Meals
We serve education every day™



Flying a kite is fantastic exercise on a windy spring day - and fun, too! Kite flying works your arms and legs (especially in a strong breeze!), and you can burn 300 calories in an hour.

SOMETHING'S BURNING
Exercise for good health

May 10 is Mother's Day



Do something nice for Mom!

Monday, May 11

French Toast Sticks
with Syrup

Lunch

Chicken Fajita
with Cheese & Salsa or
Chef's Salad Plate or
PB & J Sandwich Plate
(Choice of two Fruits and/or Vegetables)
Black or Pinto Beans
Yellow Rice
Chilled Cut Fruit
Fresh Fruit

Cold Milk Choice

Tuesday, May 12

Breakfast Pizza
With Chilled Fruit

Lunch

BBQ Sandwich / Pickles
Oven Potatoes
Grilled Chicken Sandwich or
PB & J Sandwich Plate
(Choice of two Fruits and/or Vegetables)
Coleslaw
Beans
Chilled Peaches
Fresh Fruit

Cold Milk Choice

Wed., May 13

Breakfast Biscuit w/ Chicken
or Wholegrain Cereal/Toast



1st Grade High Flying Hawks
Field Day
Sack Lunch
Grilled Chicken Sandwich
Pickles / Mayo
Multigrain SunChips
Frosty Grape Juice
Fresh Fruit
Dessert Cookie
Cold Milk Choice

Thursday, May 14

Enriched Breakfast Donut
Mozzarella Cheese Stick



2nd Grade High Flying Hawks
Field Day
Sack Lunch
Country Fried Steak Sandwich
Pickles / Mayo
Baked Potato Chips
Mini Carrots / Frosty Peach Cup
Fresh Fruit
Homemade Choc Chip Cookie
Cold Milk Choice

Friday, May 15

Breakfast Biscuit w/Sausage
& Jelly or Wholegrain Cereal



3rd Grade High Flying Hawks
Field Day
Sack Lunch
Corndog
Catsup / Mustard
Cheddar Dolphin Crackers
Frosty Apple Juice
Fresh Banana
Dessert Cookie
Cold Milk Choice

MealpayPlus
Online Prepayment System
Powered by Horizon Software International, LLC

BREAKFAST
\$1.00

LUNCH
\$1.50

Pay for meals on-line at [Mealpayplus.com!](http://Mealpayplus.com)

Monday, May 18

Cheese Toast
Breakfast Cereal



4th Grade High Flying Hawks
Field Day
Sack Lunch
Chicken Filet Sandwich
Pickles / Mayo
Multigrain SunChips
Frosty Grape Juice
Fresh Fruit
Dessert Cookie
Cold Milk Choice

Tuesday, May 19

Breakfast Bagel with
Sausage Gravy & Cheese

SACK LUNCH: Grades K-4

Beef Hot Dog with Chips
100% Fruit Juice & Fresh Fruit
Snow Cream Popsicle
Cold Milk
PLATE LUNCH: Grade 5
Nachos with Beef & Cheese
Salsa & Chips
Chilled & Fresh Fruit
Snow Cream Popsicle
Cold Milk

Wed., May 20

Breakfast Biscuit w/Chicken
or Wholegrain Cereal & Biscuit



5th Grade High Flying Hawks
Field Day
Sack Lunch
Cheeseburger / Pickles
Catsup / Mustard
Baked Potato Chips
Frosty Apple Juice
Fresh Fruit
Dessert Cookie
Cold Milk Choice

Thursday, May 21

Manager's Choice
Breakfast Entree

Lunch

Manager's Pot Luck Menu
Lunch Entrée / Bread
Two Fruits / Vegetables
Dessert
Cold Milk Choice



Friday, May 22

Manager's Choice
Breakfast Entree

Lunch

Manager's Pot Luck Menu
Lunch Entrée / Bread
Two Fruits / Vegetables
Dessert
Cold Milk Choice



Have a Great Summer!!

Available Daily

With Every Breakfast Entrée

Fresh Fruit or 100% Fruit Juice and Cold Milk

With Every Lunch Entrée

Choice of Two Fruit / Vegetables
Bread, Dessert (if Available) and Cold Milk

Lunch Sandwich Entrée

Peanut Butter & Jelly on Wheat / Mozzarella Cheese Stick

Lunch Chef's Salad Entrée (Mon. & Fri.)

Mixed Salad Greens, Meat/Cheese, Crackers, Croutons

Lunch Grilled Chicken Sandwich Entrée (Tues.)

Grilled Chicken Filet on Bun with Oven Potatoes

Lunch Deli Hoagie Entrée w/Baked Chips
(Wed.)

Deli Turkey or Ham with Shredded Lettuce/Tomato/Dills

Lunch Baked Potato Entrée (Thurs.)

Baked Potato, Shredded Cheese, Condiments

FRUIT

Cantaloupe

It's the most popular melon in America, and it doesn't just taste great! Cantaloupe is loaded with vitamin C and contains lots of beta carotene, a substance that helps fight illness and aging!

OF THE MONTH

THANKS!

WE'RE GLAD WE HAD THE CHANCE TO SERVE YOU THIS SCHOOL YEAR AND LOOK FORWARD TO SEEING YOU AGAIN NEXT YEAR. IF YOU'RE GRADUATING, CONGRATULATIONS AND GOOD LUCK -- WE'LL MISS YOU!