



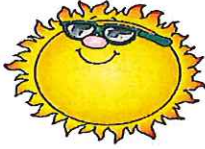
**Chartwells School Dining Services at Marlette Elementary School
Lunch Menu June 1st-13th**

Student Paid Lunch Price: Lunch: \$2.00 Reduced Lunch Price: \$.40* Free Lunch: No charge* (* if qualified) A la carte Milk: \$.40

A full student lunch includes a choice of entrée supplying protein, grain, and fruit and vegetable side dishes.

Milk choices include 1% white and skim chocolate.

A cold vegetable and fruit bar is available daily on which we feature a variety of vegetables and fruits.

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1</p> <p>French Toast Sticks Turkey Sausage Links Warm Baked Apple Slices</p> <p><u>Fruit & Veggie Bar</u> Red Seedless Grapes Chilled Peaches Chopped Romaine Lettuce Cauliflower Florets</p>	<p>2</p> <p>Pepperoni Pizza Seasoned Peas & Carrots</p> <p><u>Fruit & Veggie Bar</u> Red Delicious Apple Tropical Fruit Cocktail Fresh Baby Carrots Chopped Romaine Lettuce</p>
<p>5</p> <p>BBQ Shredded Pork Sandwich Baked Beans</p> <p><u>Fruit & Veggie Bar</u> Watermelon Cubes Pineapple Tidbits Fresh Celery Sticks Chopped Romaine Lettuce</p>	<p>6</p> <p>Creamy Macaroni & Cheese Whole Grain Dinner Roll Tender Green Beans</p> <p><u>Fruit & Veggie Bar</u> Red Seedless Grapes Chilled Pears Sliced Cucumbers Chopped Romaine Lettuce</p>	<p>7</p> <p>Sloppy Joe on a Bun Crispy Tater Tots</p> <p><u>Fruit & Veggie Bar</u> Petite Banana Raisin Box Cherry Tomatoes Fresh Broccoli Florets</p>	<p>8</p> <p>Corn Dog Golden Corn</p> <p><u>Fruit & Veggie Bar</u> Fresh Orange Wedges Chilled Peaches Fresh Cauliflower Florets Power Peas</p>	<p>9</p> <p>Cheese Filled Bosco Sticks with Pizza Sauce Seasoned Broccoli</p> <p><u>Fruit & Veggie Bar</u> Red Delicious Apple Fruit Cocktail Fresh Baby Carrots Chopped Romaine Lettuce</p>
<p>12</p> <p>Noon Dismiss</p>	<p>13</p> <p>Last Day of School Noon Dismiss</p>	<p>Have a safe and fun summer!</p> 	<p>Summer Food Service Program at Marlette Jr./Sr. High School will serve lunch beginning June 19th from 12:00 p.m. -1:30 p.m. Monday through Friday. The program will operate from June 19-June 30, July 10-31, and August 1-18. Open to all children 18 and younger. No enrollment, No cost!</p>	
<p>Alternate Entree (available with daily hot vegetable offering, your choice[s] from our fruit/vegetable bar, and choice of milk):</p>				
<p>Monday</p> <p>Hot Dog on a Whole Grain Bun</p>	<p>Tuesday</p> <p>Cheeseburger on a Whole Grain Bun</p>	<p>Wednesday</p> <p>Sliced Turkey and Cheese on a Whole Grain Bun</p>	<p>Thursday</p> <p>Crispy Chicken Patty on a Whole Grain Bun</p>	<p>Friday</p> <p>Friday Fun Lunch! Turkey Ham, Cheese, Loco Bread & Fruit Snacks</p>

This institution is an equal opportunity provider.
Menu Subject to Change Without Notice.

Questions?
Please call: Stacy Moyer
Director of Dining Services
(989) 635-7425 ext. 44902

**Marlette Elementary June 2017 Universal Breakfast
Menu**

Monday	Tuesday	Wednesday	Thursday	Friday
WG Fruity Cheerios Cereal Bowl with WG Cinnamon Goldfish Grahams	WG Cinnamon Bun Crunch Mania	WG Banana Chocolate Chunk Benefit Bar	WG Trix Cereal Bar with WG Cinnamon Goldfish Grahams	WG Strawberry Pop-Tart with WG Cinnamon Goldfish Grahams
Red Delicious Apple Fresh Orange	Raisin Box 100% Apple Juice	Red Delicious Apple Fresh Orange	Banana 100% Apple Juice	Red Delicious Apple Fresh Orange
Skim Chocolate or 1% White Milk	Skim Chocolate or 1% White Milk	Skim Chocolate or 1% White Milk	Skim Chocolate or 1% White Milk	Skim Chocolate or 1% White Milk

Breakfast Served Daily in the Cafeteria at 7:45 a.m.

New Universal Breakfast Program!
All students receive free breakfast.

WG indicates Whole Grain
Menu Subject To Change Without Notice
Apply for Free and Reduced Meals anytime during the school year.

This institution is an equal opportunity provider.

School Breakfast Makes a Difference.

Does your child miss breakfast in the morning, either because they have no time or simply aren't hungry first thing in the morning?

Here's a solution:
School Breakfast!

- Did you know that school breakfast ...
- *Helps your student perform better on tests
 - *Improves math test scores
 - *Improves concentration and memory
 - *Provides a quarter of your student's daily nutrition needs

Breakfast at school is also affordable! It's available daily for all students and if you qualify for free or reduced price lunch; you also qualify for breakfast.

Encourage your child to join us every day for school breakfast.

Stacy Moyer, Director of Dining Services Phone: 989-635-7425 ext.44902



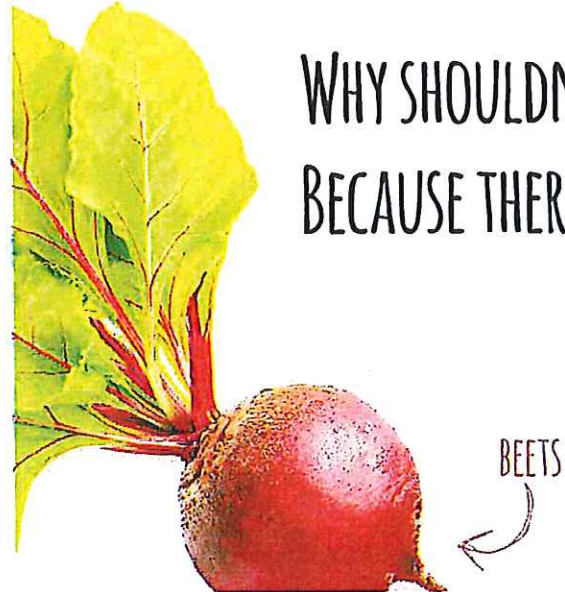
HAVE FUN IN THE SUN!

Summertime is a great time of year to get physical activity outside. If you have a group of people, put on a friendly game of baseball, play a fun game of tag or have a relay race. Take advantage of those sunny days and go for walks, ride bikes, play on a nearby playground, go hiking or cool off with a swim. Don't forget your sunscreen!

DID YOU KNOW?

- Cucumbers are 96% water.
- Peppers were named by Christopher Columbus and Spanish explorers who were searching for peppercorn plants to produce black pepper.
- Peas have been found in historical sites dating nearly 10,000 years old.

WHY SHOULDN'T YOU TELL SECRETS IN A CORNFIELD?
BECAUSE THERE ARE TOO MANY EARS! #LOL





ZUCCHINI

CORN

SUMMER VEGETABLES

EAT SEASONALLY!

Many vegetables such as corn, tomatoes, peppers, squash, cucumbers, sugar snap peas, and green beans grow best in warm temperatures, so we usually enjoy them fresh during the summer. Vegetables that are in season are more affordable and have better flavor and nutritional value than vegetables that are not currently being grown locally. Eating fruits and vegetables in-season (and locally grown) also cuts down on greenhouse gas emissions since less energy has to be put into growing, storing, and transporting the food. Though we may see most of these vegetables in the store year-round, you'll notice their quality, cost, and availability will be better during the summer. If you're not sure what's in season at other times of the year, visit the website below for a full listing:

<http://www.fruitsandveggiesmorematters.org/what-fruits-and-vegetables-are-in-season>



MAKE IT AT HOME: STIR FRY VEGETABLES

Ingredients

- | | |
|---------------------------|------------------------------------|
| 1/2 cup onions, sliced | 1/2 cup green bell peppers, strips |
| 1-1/2 cup baby carrots | 1/2 cup red bell peppers, strips |
| 1/4 cup baby corn, canned | 1-1/2 canola oil |



Blanch baby carrots by boiling or steaming them until al dente and then "shocking" them in ice bath (a bowl of ice water) to stop the cooking process. Slice vegetables as uniform as possible to ensure consistent cooking times. Stovetop: Add oil to skillet or wok. Add vegetables and stir vigorously on high heat for 3-4 min. Oven: Evenly distribute vegetables on a pan sprayed baking sheet. Cook at 350 degrees for about 8- 10 minutes. Veggies should be tender but crisp.

Add these veggies to your favorite stir-fry recipe or simply season with a little soy sauce for a tangy side dish.

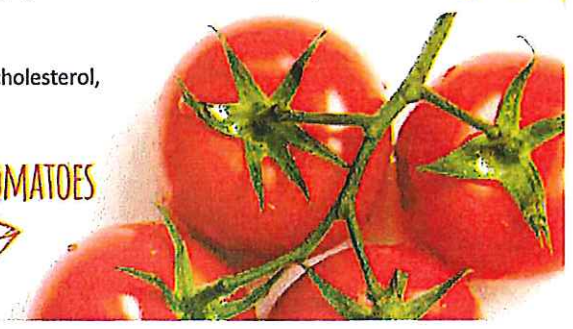
Nutrition per 1/2 cup serving: 70 calories, 4.5 g fat, 50 mg sodium, 0 mg cholesterol, 8 g carbohydrate, Contains less than 1 g protein, 2 g fiber

GARLIC



BEETS

TOMATOES



PEAS

