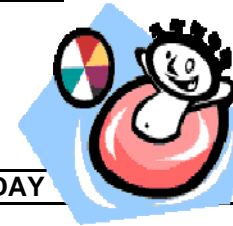

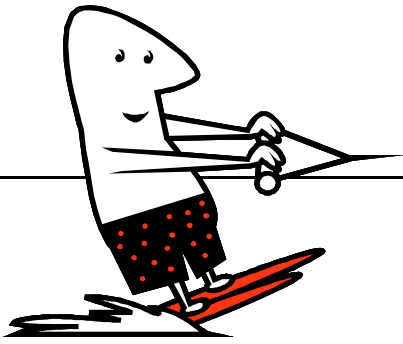



Lunches may be prepaid.
 Make check payable to
 School Food Services.
Elementary Lunch \$2.00
Milk only \$.40

HAMPDEN WILBRAHAM REGIONAL SCHOOL DISTRICT
Elementary Schools
Soule Road
June 2008

Menu subject to change
 based on product availability.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	5
French Toast Sticks Sausage Links Apple Sauce	Hamburgers/Hot Dogs Pasta Salad Baked Beans Watermelon	Taco Lettuce-Salsa-Cheese Rice Fruit	Chicken Burger Lettuce/Tomato Oven Fries Fruit	Toasted Cheese Tomato Soup Garden Salad Fruit
9		11	12	13
Soft Chicken Taco Lettuce-Salsa-Cheese Rice Corn Fruit & Veggie Bar	Pasta and Meatsauce Garden Salad Garlic Bread Fruit	Mix it up Chicken Sticks/Nuggets/Popcorn Oven Fries Vegetable Fruit	Cold Cut Grinder Pretzels Carrot/Celery Sticks Fruit	Ultragrain Stuffed Crust Pizza Garden Salad Fruit
16	17	18	19	20
Tuna Boat Bagged Treat Baby Carrots Fruit	Turkey Sandwich Pasta Salad Raw Veggies & Dip Fruit	Last Day of School 1/2 Day no Lunch		
23	24	25	26	27
			Have a Safe and Happy Summer!	
30				

Choice of Fresh Fruit served every day.
 Choice of milk served with every lunch - 1% low-fat, skim or 1/2% chocolate

Peanut Butter & Jelly Sandwich served every day

Food Safety...Its As Easy As ① ② ③!!

① Wash!

- Wash your hands, making sure you get under your nails, in between your fingers and on the back of your hands.
- Wash the area you will be using to cook or prepare your food.
- Wash any fruits or vegetables you will be using.

② Separate

- Make sure to keep fruits and vegetable separate from uncooked meats.
- Use different knives and cutting boards for raw ingredient preparation and uncooked meat preparation. If you do not have access to more than one knife or cutting board make sure to clean it thoroughly with warm soapy water in between.

③ Maintain Correct Temperatures

- When cooking frozen meats, make sure to let it thaw in the refrigerator or under flowing hot water rather than on the kitchen counter. When using the microwave to thaw, the food must be prepared immediately after!
- Make sure to cook eggs, chicken, fish and meat thoroughly. Eating uncooked or undercooked meats increases your risks of food borne illness.
- Use a refrigerator thermometer to make sure your fridge stays between 35-40°F.
- When storing leftovers make sure to refrigerate them within two hours of preparation. Any hot items should be cooled in the refrigerator, not at room temperature.
- Do not eat or store prepared foods that have been left out for more than four hours.
- Left over food, when stored properly and reheated correctly, is usually only good for 3-5 days. Contaminated food may look and smell fine...when in doubt, throw it out!

Have a safe and Happy Summer!