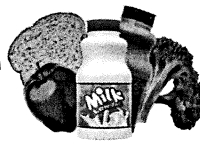


# FUEL UP™ FOR SUMMER FUN



**Eat Smart. Play Hard.™**

**Summer Breakfast Menu 2015 – Sunset June 1- July 2 and**

**South High Breakfast June 1 - July 10.**

Monday	Tuesday	Wednesday	Thursday	Friday
1 WHOLEGRAIN CEREAL VARIETY OF JUICES MILK CHOICE CHOC./WHITE	2 NUTRIGRAIN BAR ORANGE WEDGES MILK CHOICE CHOC./WHITE	3 WHOLEGRAIN CEREAL BANANA MILK CHOICE CHOC./WHITE	4 WHOLEGRAIN MUFFIN VARIETY OF JUICES MILK CHOICE CHOC./WHITE	5 WHOLEGRAIN CEREAL VARIETY OF JUICES MILK CHOICE CHOC./WHITE
8 WHOLEGRAIN CEREAL VARIETY OF JUICES LOWFAT WHITE MILK 1%	9 CINNAMON TOAST CRUNCH CEREAL BAR ORANGE WEDGES MILK CHOICE CHOC./WHITE	10 WHOLEGRAIN CEREAL BANANA LOWFAT WHITE MILK 1%	11 WHOLEGRAIN POP TART VARIETY OF JUICES MILK CHOICE CHOC./WHITE	12 WHOLEGRAIN CEREAL VARIETY OF JUICES LOWFAT WHITE MILK 1%
15 WHOLEGRAIN CEREAL VARIETY OF JUICES LOWFAT WHITE MILK 1%	16 WHOLEGRAIN POP TART ORANGE WEDGES MILK CHOICE CHOC./WHITE	17 WHOLEGRAIN CEREAL BANANA LOWFAT WHITE MILK 1%	18 WHOLEGRAIN MUFFIN VARIETY OF JUICES MILK CHOICE CHOC./WHITE	19 WHOLEGRAIN CEREAL VARIETY OF JUICES LOWFAT WHITE MILK 1%
22 WHOLEGRAIN CEREAL VARIETY OF JUICES LOWFAT WHITE MILK 1%	23 OATMEAL CEREAL BAR ORANGE WEDGES MILK, SKIM CHOCOLATE USD 305 LOWFAT WHITE MILK 1%	24 WHOLEGRAIN CEREAL BANANA LOWFAT WHITE MILK 1%	25 WHOLEGRAIN MUFFIN VARIETY OF JUICES MILK, SKIM CHOCOLATE USD 305 LOWFAT WHITE MILK 1%	26 WHOLEGRAIN CEREAL VARIETY OF JUICES LOWFAT WHITE MILK 1%
29 WHOLEGRAIN CEREAL VARIETY OF JUICES LOWFAT WHITE MILK 1%	30 WHOLEGRAIN MUFFIN ORANGE WEDGES MILK, SKIM CHOCOLATE USD 305 LOWFAT WHITE MILK 1%	1 WHOLEGRAIN CEREAL BANANA MILK CHOICE CHOC./WHITE	2 CEREAL BAR VARIETY OF JUICES MILK, SKIM CHOCOLATE USD 305 LOWFAT WHITE MILK 1%	3 SUMMER MEAL SITES CLOSED
6 WHOLEGRAIN CEREAL VARIETY OF JUICES MILK CHOICE CHOC./WHITE	7 NUTRIGRAIN BAR ORANGE WEDGES MILK CHOICE CHOC./WHITE	8 WHOLEGRAIN CEREAL BANANA MILK CHOICE CHOC./WHITE	9 WHOLEGRAIN MUFFIN VARIETY OF JUICES MILK CHOICE CHOC./WHITE	10 WHOLEGRAIN CEREAL VARIETY OF JUICES LOWFAT WHITE MILK 1%

Breakfast is free to all children ages 1 – 18 yrs.

Adults over age 18 yrs. pay \$2.00

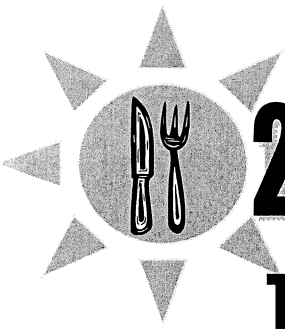
Breakfast served: 7:45am. – 8:15am.

USDA is an equal opportunity provider and employer.

**May Thru July Summer Lunch Menu 2015**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p>USDA is an equal opportunity provider and employer.</p> <p>Lunch free to children age 1-18. Adults over age 18 pay \$3.60.</p>	<p>26 May</p> <p>DELI HAM SANDWICH/MAYO BABY CARROTS/RANCH PEAR SLICES MAYO &amp; MUSTARD</p>	<p>27</p> <p>HAMBURGER ON A BUN BAKED BEANS PINEAPPLE CATSUP &amp; PICKLE SLICES</p>	<p>28</p> <p>POPCORN CHICKEN CAULIFLOWER/RANCH WHEAT DINNER ROLL/MARG MANDARIN ORANGES BBQ SAUCE</p>	<p>29</p> <p>TACO MEAT/CHEESE&amp;CHIPS ROMAINE &amp; CHEESE MIX CORN FRUIT COCKTAIL SALSA</p>
<p>1 June</p> <p>PORK RIB PATTY ON BUN CUCUMBER SLICES/RANCH SLICED PEACHES BBQ SAUCE</p>	<p>2</p> <p>MINI CHICKEN CORN DOGS POWER PASTA SALAD FRESH GRAPES BABY CARROTS/RANCH CATSUP &amp; MUSTARD</p>	<p>3</p> <p>BAKED CHICKEN DRUMSTICK POTATO SALAD FRESH APPLE WHEAT DINNER ROLL/MARG</p>	<p>4</p> <p>CHEESE STICKS/MARINARA GREEN BEANS PINEAPPLE</p>	<p>5</p> <p>DELI TURKEY ON WHEAT/ MAYO OR MUSTARD CHEDDAR SNACK MIX FRESH BROCCOLI/RANCH FRESH PLUMS</p>
<p>8</p> <p>STEAK FINGERS PEAS PINEAPPLE WHEAT DINNER ROLL/MARG BBQ SAUCE</p>	<p>9</p> <p>CHICKEN FILLET ON BUN FRESH BROCCOLI/RANCH APPLESAUCE BBQ SAUCE</p>	<p>10</p> <p>BEEF HOT DOG ON A BUN CARROTS &amp; CELERY/RANCH FRUIT COCKTAIL CATSUP &amp; MUSTARD</p>	<p>11</p> <p>SPAGHETTI/MEAT SAUCE ITALIAN VEGETABLE BLEND PEAR SLICES GARLIC BREAD</p>	<p>12</p> <p>HAM/CHEESE SANDWICH FRESH BROCCOLI/RANCH SUNCHIPS FRESH GRAPES MUSTARD</p>
<p>15</p> <p>CORNDOG OR SLICED PEACHES CUCUMBER SLICES/RANCH CHEDDAR SNACK MIX CATSUP &amp; MUSTARD</p>	<p>16</p> <p>CRISPITO REFRIED BEANS TORTILLA CHIPS FRESH KIWI WEDGES SALSA</p>	<p>17</p> <p>HAMBURGER ON A BUN BAKED BEANS PINEAPPLE CATSUP &amp; PICKLE SLICES</p>	<p>18</p> <p>CHICKEN NUGGETS CAULIFLOWER/RANCH BERRIES &amp; BANANAS WHEAT DINNER ROLL/MARG BBQ SAUCE</p>	<p>19</p> <p>MACARONI &amp; CHEESE LITTLE SMOKIES FRESH BROCCOLI/RANCH PEAR SLICES BBQ SAUCE</p>
<p>22</p> <p>PORK RIB PATTY ON BUN CUCUMBER SLICES MANDARIN ORANGES BBQ SAUCE</p>	<p>23</p> <p>TACO MEAT/CHEESE&amp;CHIPS ROMAINE &amp; CHEESE MIX CORN FRUIT COCKTAIL SALSA</p>	<p>24</p> <p>BAKED CHICKEN DRUMSTICK POTATO SALAD FRESH APPLE WHEAT DINNER ROLL/MARG</p>	<p>25</p> <p>CHEESE STICKS/MARINARA GREEN BEANS PINEAPPLE</p>	<p>26</p> <p>DELI HAM SANDWICH/MAYO BABY CARROTS/RANCH PEAR SLICES MUSTARD</p>
<p>29</p> <p>STEAK FINGERS PINEAPPLE BABY CARROTS/RANCH WHEAT DINNER ROLL/MARG BBQ SAUCE</p>	<p>30</p> <p>CHICKEN FILLET ON BUN FRESH BROCCOLI/RANCH APPLESAUCE BBQ SAUCE</p>	<p>1 July</p> <p>BEEF HOT DOG ON A BUN CARROTS &amp; CELERY/RANCH FRUIT COCKTAIL CATSUP &amp; MUSTARD</p>	<p>2</p> <p>HAM/CHEESE SANDWICH FRESH BROCCOLI/RANCH SUNCHIPS FRESH GRAPES MUSTARD</p>	<p>3</p> <p>SUMMER MEAL SITES CLOSED</p>
<p>6</p> <p>CORNDOG SLICED PEACHES CUCUMBER SLICES/RANCH CHEDDAR SNACK MIX</p>	<p>7</p> <p>CRUNCHY TACOS SPANISH RICE ROMAINE/TOMATOES/CHEESE FRESH KIWI WEDGES SALSA</p>	<p>8</p> <p>HAMBURGER ON A BUN BAKED BEANS PINEAPPLE CATSUP &amp; PICKLE SLICES</p>	<p>9</p> <p>CHICKEN NUGGETS FRESH CAULIFLOWER BERRIES &amp; BANANAS WHEAT DINNER ROLL/MARG BBQ SAUCE</p>	<p>10</p> <p>DELI TURKEY ON WHEAT MAYO OR MUSTARD CHEDDAR SNACK MIX FRESH BROCCOLI/RANCH FRESH PLUMS</p>
<p>13</p> <p>PORK RIB PATTY ON BUN CUCUMBER SLICES MANDARIN ORANGES BBQ SAUCE</p>	<p>14</p> <p>MINI CHICKEN CORN DOGS POWER PASTA SALAD FRESH GRAPES BABY CARROTS/RANCH CATSUP &amp; MUSTARD</p>	<p>15</p> <p>BAKED CHICKEN DRUMSTICK POTATO SALAD FRESH APPLE WHEAT DINNER ROLL/MARG</p>	<p>16</p> <p>CHEESE STICKS/MARINARA GREEN BEANS PINEAPPLE</p>	<p>17</p> <p>DELI HAM SANDWICH/MAYO CHEDDAR SNACK MIX BABY CARROTS/RANCH FROZEN JUICE CUP MUSTARD</p>

Daily choice of lowfat white milk 1% or skim chocolate milk.



# 2015 SUMMER FOOD PROGRAM

**Tuesday, May 26<sup>th</sup> thru Friday, July 17<sup>th</sup>**

**Free Summer Meals for children ages 1 – 18**

Adult Meal Cost:  
Lunch \$3.60  
Breakfast \$2.00



Summer Food Service Program

# ROCKS!

## FUEL UP™

## FOR SUMMER FUN

**Eat Smart. Play Hard.™**

## SALINA LOCATIONS

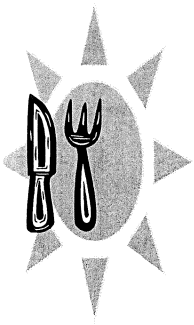
- |  |   |
|--|---|
| <b>Schilling Elementary</b><br><i>3121 Canterbury (Side door by gym)</i>                     | <b>Lunch: 12:00 – 12:30pm</b>   |
| <b>Oakdale Elementary</b><br><i>811 E. Iron (service entrance off Johnstown Ave)</i>         | <b>Lunch: 12:00 – 12:30pm</b>   |
| <b>Sunset Elementary</b><br><i>1510 W. Republic (North door off playground)</i>              | <b>(June 1-July 2) Breakfast: 7:45 – 8:15am</b><br><b>Lunch: 12:00 – 12:30pm</b>  |
| <b>Heusner Elementary</b><br><i>1300 Norton (Northwest doors by Art Room)</i>                | <b>Lunch: 12:00 – 12:30pm</b>   |
| <b>Kennedy Early Learning Center</b><br><i>700 Jupiter (North double doors off Venus)</i>    | <b>Lunch: 12:00 – 12:30pm</b>   |
| <b>Salvation Army</b><br><i>1137 N. Santa Fe (Front door)</i>                                | <b>Lunch: 12:00 – 12:30pm</b>   |
| <b>Church of the Cross</b><br><i>1600 Rush (Southeast door)</i>                              | <b>Lunch: 12:00 – 12:30pm</b>   |
| <b>South High School</b><br><i>730 E. Magnolia (West doors marked Student Entrance)</i>      | <b>(June 1-July 10) Breakfast: 7:45 – 8:15am</b><br><b>Lunch: 12:00 – 12:30pm</b> |
| <b>St. John's Missionary Baptist Church</b><br><i>215 S. Chicago St. (Gym door entrance)</i> | <b>Lunch: 12:00 – 12:30pm</b>   |



This program is an equal opportunity provider.

*Serving Mon-Fri; all sites closed on July 3. Sponsored by Heartland Programs and USD 305 in collaboration with other community partners. For more information please call: Cindy Foley at USD 305, 309-4715, or Linda Loretta at Heartland Programs, 309-5018.*

Menus Available Online: <http://www.usd305.com> - then click on the Summer Food link!



# PROGRAMA DE COMIDA DURANTE EL VERANO 2015

## Martes 26 de Mayo al Viernes 17 de Julio Almuerzos Gratis para niños de edad entre 1 – 18

Costo por un almuerzo para un adulto es de: \$3.60  
Desayuno \$2.00

### LUGARES EN SALINA

Escuela-Schilling Elementary Almuerzo: 12:00 – 12:30pm  
3121 Canterbury (por la puerta del gimnasio)

Escuela-Oakdale Elementary Almuerzo: 12:00 – 12:30pm  
811 E. Iron (se servirá por la entrada a la avenida Johnstown)

Escuela-Sunset Elementary (Junio1-Julio2) Desayuno: 7:45 – 8:15am  
Almuerzo: 12:00 – 12:30pm  
1510 W. Republic (puerta al norte por el área de juegos)

Escuela-Heusner Elementary Almuerzo: 12:00 – 12:30pm  
1300 Norton (Noreste de las puertas al cuarto de Arte)

Heartland-Kennedy Early Learning Center Almuerzo: 12:00 – 12:30pm  
700 Jupiter (puertas al norte de la calle Venus)

Edificio-Salvation Army Almuerzos: 12:00 – 12:30pm  
1137 N. Santa Fe (Puertas al frente)

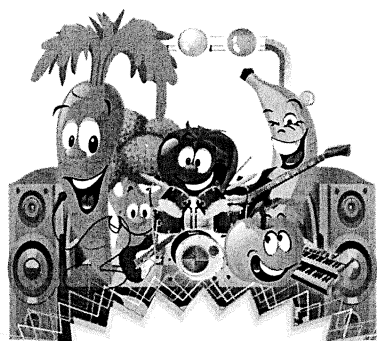
Iglesia-Church of the Cross Almuerzo: 12:00 – 12:30pm  
1600 Rush (Puerta al sureste)

South High School (Junio 1-Julio 10) Desayuno: 7:45 – 8:15am  
Almuerzo: 12:00 – 12:30pm  
730 E. Magnolia (Puertas al oeste que marcan la entrada de los estudiantes)

Iglesia-St. John's Missionary Baptist Church Almuerzo 12:00 – 12:30pm  
215 S. Chicago St. (entrada por el gimnasio)

Este programa es un proveedor de oportunidades con igualdad.

NUEVO LUGAR!



Summer Food Service Program

# ROCKS!



## FOR SUMMER FUN

Eat Smart. Play Hard.™

Se servirá de lunes a viernes; todos los lugares estarán cerrados el 3 de Julio. Auspiciado por los programas Heartland y la colaboración del distrito escolar USD 305 y la colaboración de otros socios de la comunidad. Para más información favor de llamar a: Cindy Foley al USD 305, 309-4715, o Linda Lorette en los Programas Heartland, 309-5018.

Menús en línea disponibles en: <http://www.usd305.com> – después presiona (the Summer Food link!)