

# WILLIAMSVILLE CENTRAL SCHOOL DISTRICT

**NATIONAL ROSE, DAIRY, SAFETY, &  
ZOO AND AQUARIUM MONTH  
TURKEY LOVERS'S MONTH  
HARVEST OF THE MONTH-SALADS**

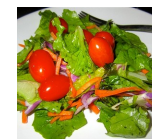


## Elementary/Middle Menu

Make 1/2 your plate Fruits and Vegetables



# JUNE 2017



**Five Star Nutrition**



**Monday, MAY 29**

### MEMORIAL DAY



**Tuesday, MAY 30**  
**CHICKEN BROCCOLI RICE BAKE/ Biscuit Romaine Salad**  
**Farmer Market Radish Boat**  
**Peaches w/Blueberries**  
Or Amazing Assorted Fruit  
Choice of Milk-FF Choc, 1% White, skim white  
**Breakfast:** Benefit Bar W/ Milk, fruit /fruit juice

**Wednesday, MAY 31**  
**STUFFED CRUST PIZZA**  
Veggie Boat/Ranch Dip -  
Confetti Bean Salad  
Awesome Applesauce Cup  
Or Amazing Fresh Fruit  
Choice of Milk-FF Choc, 1% White, Skim white  
**Breakfast:** Breakfast Pizza W/Milk, fruit /fruit juice

**Thursday, JUNE 01**  
**SPAGHETTI W/RICH THICK MEAT SAUCE**  
Cheesy Garlic Bread  
Amore Veggies/ Salad  
Peachy Cup or  
Awesome Fresh Fruit  
Choice of Milk-FF Choc, 1% White, Skim white  
**Breakfast:** Bagel W/Milk, fruit/ fruit juice

**Friday, JUNE 02**  
**GENERAL TSO'S 5-8**  
**Tangerine Chicken K-4**  
Steamed Brown Rice  
Veggie Egg Roll  
Carrots/ Fortune Cookie  
Pineapple Orange Cup or  
Niagara County Apples  
Choice of Milk-FF Choc, 1% White, Skim white  
**Breakfast:** Mini pancakes W/Milk, fruit/ fruit juice



**Monday, JUNE 05**  
**CHICKEN NUGGETS**  
Potato Wedges  
Cheesy Loco Bread  
Broccoli/ Onion Rings  
Peach Cup or  
Amazing Local Fresh Fruit  
Choice of FF Choc, 1% White, Skim white  
**Breakfast:** Egg Muffin W/ Milk, fruit / fruit juice

**Tuesday, JUNE 06**  
**FRENCH BREAD PIZZA**  
Veggie Boat/ Dip  
Chilled Juice  
Glazed Carrots  
Fresh Strawberry Cup  
Or Amazing Fresh Fruit  
Choice of Milk-FF Choc, 1% White, Skim white  
**Breakfast:** Benefit Bar W/Milk, fruit /fruit juice

**Wednesday, JUNE 07**  
**GOLDEN GRILLED CHEESE**  
Zesty Tomato Soup/Beans  
Crunchy Tator Gems  
Pears W/ Grapes or  
Amazing Fresh Fruit  
Choice of Milk-FF Chocolate, 1% white & Skim white  
**Breakfast:** Pizza W/Milk, fruit /fruit juice



**Thursday, JUNE 08**  
**MEXICALI TACO w/Salsa**  
Flour or Corn Shell W/G  
Lettuce/Tomato/Cheese  
Savory Brown Rice/Corn  
Frosty Sherbet or  
Awesome Fresh Fruit  
Choice of Milk-FF Choc, 1% White, Skim white  
**Breakfast:** Bagel W/Milk, fruit/ fruit juice

**Friday, JUNE 09**  
**Rst CHICKEN/WAFFLES**  
**Seasoned Baby Reds**  
Caprese Salad  
Broccoli/ Cauliflower  
Wonderful Watermelon/  
Fresh Baked Cookie  
Niagara County Apples  
Choice of Milk-FF Choc, 1% White, Skim white  
**Breakfast:** Mini pancakes W/Milk, fruit/ fruit juice



**NEW LUNCH PRICES:** Grades K-4- Only \$2.20 Reduced—\$.25  
Pre-Paid: 10 L-\$22.00 20 L.\$44.00 and 41 L \$88.00 (1 Free)

**NEW LUNCH PRICES:** Grades 5-8 Only \$2.50 Reduced—\$.25  
Pre-Paid: 10 L-\$25.00 20 L.\$50.00 and 41 L \$100.00 (1 Free)

Please Make check payable to: **Williamsville Food Services**

**PREPAYMENT SYSTEM— myschoolbucks.com**

Link also available at [www.williamsvillek12.org](http://www.williamsvillek12.org)

**Second Lunches \$2.70 5-8**

- Student Breakfast Provides
  - 1/4 of your child's Daily RDA
  - Student Lunch Provides
  - 1/3 of your child's Daily RDA
- We menu two-three nutrient rich Fruit and Vegetable Choices EVERY LUNCH**  
All students who are eligible for free/ reduced lunches are eligible for breakfast!



**ALSO AVAILABLE DAILY: (K-4)-  
Menu Lunch, Pizza, PBJ, Yogurt Munchable, Salad, Chix patty MWF Hot Dog- T/Th**  
**AVAILABLE DAILY: (5-8) Menu Lunch, Pizza, Salad, Chicken Patty Hamburger (T/Th) Assort. subs**  
**Milk Choices-1% & Skim White & Skim Choc.**  
**Available Daily-Mini Carrots, and Apples**



# JUNE 2017

## Elementary Middle School Menu



**WE SERVE EDUCATION EVERY DAY!!!!**



WCSD is an  
equal



opportunity  
provider



<b>Monday, JUNE 12</b> <b>FRENCH TOAST STICKS</b> Awesome Sweet Potato Fries Sunshine Orange Juice Egg Patty/ Spinach salad Apple Sauce or Amazing Local Fresh Fruit Choice of FF Choc, 1% White, Skim white <b>Breakfast:</b> Egg Muffin W/ Milk, fruit / fruit j	<b>Tuesday, JUNE 13</b> <b>SURPREME PIZZA</b> Carrot and Celery Sticks Seasoned Green Beans Icee Juicee-Assort Flavors Or Amazing Assorted Fruit Choice of Milk-FF Choc, 1% White, skim white <b>Breakfast:</b> Benefit Bar W/ Milk, fruit /fruit juice	<b>Wednesday, JUNE 14</b> <b>CHICKEN TENDERS</b> <b>W/HOT PRETZEL</b> Betsy Ross Salad/Garbanzo Star Spangled Veggie Boat Red/White/Blue Shortcake Or Choice of Fresh Fruit Choice of Milk-FF Choc, 1% White, Skim white <b>Breakfast:</b> Breakfast Pizza Or Wafflicious Wed. W/ Milk, fruit / fruit juice	<b>Thursday, JUNE 15</b> <b>CHEF CHOICE</b> Assorted Veggies Seasoned Corn Mixed Fruit or Assorted Awesome Fruit Choice of Milk-FF Choc, 1% White, Skim white <b>Breakfast:</b> Bagel W/Milk, fruit / fruit juice	<b>Friday, JUNE 16</b> <b>PIZZA FINGER COMBO</b> Broccoli Romaine Salad/ Peachy/Pear Cup or Awesome Fresh Fruit Choice of Milk-FF Choc, 1% White, Skim white <b>Breakfast:</b> Mini pancakes W/Milk, fruit / fruit juice
<b>Monday, JUNE 19</b> <b>PICNIC MENU</b> <b>CHICKEN DRUMMIES</b> French Fries/Onion Rings Vegetarian Beans Mouthwatering Watermelon or Awesome Local Fresh Fruit Choice of FF Choc, 1% White, Skim white <b>Breakfast:</b> Egg Muffin W/ Milk, fruit or fruit juice	<b>Tuesday, JUNE 20</b> <b>CHEF CHOICE PIZZA</b> Assorted Veggies Salads Assorted Fruit or Amazing Assorted Fruit Choice of Milk-FF Choc, 1% White, skim white <b>Breakfast:</b> Benefit Bar W/ Milk, fruit /fruit juice <b>FIRST DAY OF SUMMER</b>	<b>Wednesday, JUNE 21</b> <b>Breakfast:</b> Breakfast Pizza W/Milk, fruit /fruit juice	<b>Thursday, JUNE 22</b> <b>Breakfast:</b> Bagel W/Milk, fruit / fruit juice <b>EAT YOUR FRUITS AND            VEGGIES!!!</b>	<b>Friday, JUNE 23</b> <b>Breakfast:</b> Mini pancakes W/Milk, fruit / fruit juice <b>REMEMBER TO WEAR            YOUR HELMET AND            SUNSCREEN!!!</b>
<b>Monday, JUNE 26</b> <b>Substitute Food Service</b> <b>Positions Available Wil-</b> <b>liamsville Child Nutrition.</b> <b>No nights, weekends or</b> <b>holidays</b> <b>Go to williamsvillek12.org</b>	<b>Tuesday, JUNE 27</b> <b>STUDENT ACCOUNT</b> <b>BALANCES</b> <b>“GRADUATE “</b> <b>TO</b> <b>NEXT YEAR/GRADE/</b> <b>SCHOOL</b> <b>PLEASE PAY NEGATIVE</b> <b>STUDENT ACCT.</b> <b>BALANCES</b> <b>EAT AN APPLE EVERY DAY!!!!</b>	<b>Wednesday, JUNE 28</b> 	Romaine lettuce is a great source of vitamin C, with one ounce of romaine providing 11% of the Daily Value for this important nutrient. By contrast, an equal amount of iceberg supplies your body with only 1% of the Daily Value for vitamin C. Aside from boosting your immune system, vitamin C helps keep your skin, bones, and teeth strong. These beneficial effects associated with vitamin C are linked to its strong antioxidant properties as well as its role in collagen synthesis. Vitamin E is known to boost the antioxidant properties of vitamin C, so be sure to sprinkle some vitamin E rich oil (such as <a href="#">avocado oil</a> ) on your romaine salad. In addition, red romaine is loaded with flavonoids, such as anthocyanins, which have also been shown to enhance the positive effects of vitamin C, in addition to providing some health benefits in their own right.	

The Child Nutrition Program purchases local and organic fruits and vegetables whenever possible.