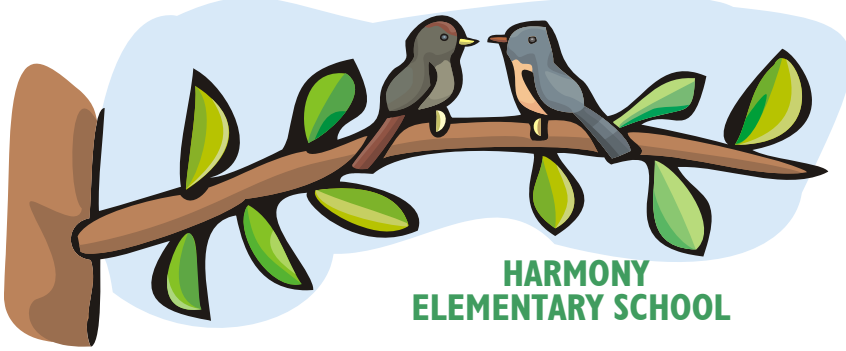


# Menus for May 2009



**HARMONY  
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  
Gr. Chicken Caesar Chef Salad  
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  
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)

Pinto or Black Beans  
Yellow Rice  
Chilled Cut Fruit  
Fresh Fruit

Cold Milk Choice

**Tuesday, May 12**

Breakfast Pizza  
With Chilled Fruit



**Harmony Eagles  
2008-2009 Olympic Games**

Sack Lunch

Grilled Chicken Sandwich

Pickles / Mayo  
Multigrain SunChips  
Frosty Grape Juice  
Fresh Fruit  
Dessert Cookie  
Cold Milk Choice

**Wed., May 13**

Breakfast Biscuit w/ Chicken  
or Wholegrain Cereal/Toast



**Harmony Eagles  
2008-2009 Olympic Games**

Sack Lunch

Deli Meat/Cheese Hoagie

Pickles / Mayo  
Baked BBQ Potato Chips  
Frosty Apple Juice  
Fresh Fruit  
Dessert Cookie  
Cold Milk Choice

**Thursday, May 14**

Enriched Breakfast Donut  
Mozzarella Cheese Stick



**Harmony Eagles  
2008-2009 Olympic Games**

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



**Harmony Eagles  
2008-2009 Olympic Games**

Sack Lunch

Corndog

Catsup / Mustard  
Cheddar Dolphin Crackers  
Frosty Grape 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



**Harmony Eagles  
2008-2009 Olympic Games**

Sack Lunch

Chicken Filet Sandwich

Pickles / Mayo  
Multigrain SunChips  
Frosty Apple Juice  
Fresh Fruit  
Dessert Cookie  
Cold Milk Choice

**Tuesday, May 19**

Breakfast Bagel with  
Sausage Gravy & Cheese



**Harmony Eagles  
2008-2009 Olympic Games**

Sack Lunch

All Beef Hot Dog on Bun

Mustard / Catsup  
Chips  
Frosty Apple Juice  
Fresh Fruit  
Dessert Cookie  
Cold Milk Choice

**Wed., May 20**

Breakfast Biscuit w/Chicken  
or Wholegrain Cereal & Biscuit

Lunch

Cheeseburger  
Oven French Fries or  
Deli Hoagie with Chips or  
PB & J Sandwich Plate  
(Choice of two Fruits and/or Vegetables)

Lettuce / Tomato / Pickles  
Chilled Cut Fruit  
Fresh Fruit

Snow Cream Popsicle  
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

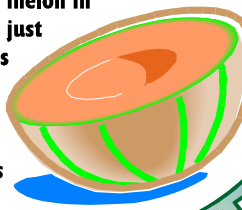
Lunch Baked Potato Entrée (Thurs.)

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!**