

FIT FAT

WANNA STAY FIT?
FIGHT THE FAT!

ITEM: Cantaloupe



VERDICT:
Orange means go

TIP: Impress friends and family with your cantaloupe cutting technique! Slice a small flat spot on both ends, then place one flat spot down on a cutting board and cut the rest of the rind off in strips. Trim up any spots you missed, then cut the melon in half from flat spot to flat spot, scoop out the seeds, and cut each half end to end in wedges. Serve to all, and graciously accept the acclaim you so richly deserve.

**STRANGE
BUT TRUE!**

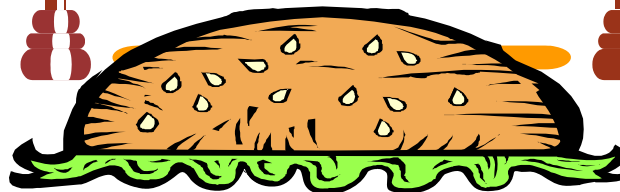
EVERY EIGHT YEARS THAT YOU ARE ALIVE EQUALS ABOUT A **QUARTER OF A BILLION** SECONDS. YOU WON'T BE A BILLION SECONDS OLD UNTIL YOU'RE ALMOST 32!



Please see reverse side for items available every day

Featured Specials of the Day

- Monday, May 4
Popcorn Chicken/Biscuit
Sweet Carrots
Milk & Fruit Choices
- Tuesday, May 5
Italian Dunker
Cheesy Garlic Bread/Green Beans
Milk & Fruit Choices
- Wednesday, May 6
Ham & Cheese Bagel
French Fries
Milk & Fruit Choices
- Thursday, May 7
Chicken Fajita
Fluffy Rice/Lettuce & Tomato
Milk & Fruit Choices
- Friday, May 8
Spaghetti & Meatsauce
Tossed Salad/Italian Bread
Milk & Fruit Choices



NUTRITION TO GO

Pizza and fries – that has to be a junk food meal, right? WRONG! Customers love the taste of our pizza and fries, sure. But those items are also formulated to be healthier than you might assume, especially when they are part of a complete, nutritious meal like the meals we serve every day!

A TASTY MORSEL FOR TEENAGERS

Featured Specials of the Day

- Monday, May 11
Chicken Pattie Sandwich
Sweet Corn
Milk & Fruit Choices
- Tuesday, May 12
Beef Burrito
Fluffy Rice/Black Beans
Milk & Fruit Choices
- Wednesday, May 13
B.L.T. Sandwich
Mozzarella Sticks
Milk & Fruit Choices
- Thursday, May 14
Baked Ziti
Tossed Salad/Italian Bread
Milk & Fruit
- Friday, May 15
Chicken Parm Hero
Tossed Salad/Milk & Fruit
- Monday, May 18
Popcorn Chicken/Biscuit
Sweet Carrots
Milk & Fruit
- Tuesday, May 19
Italian Dunker
Cheesy Garlic Bread/Green Beans
Milk & Fruit Choices
- Wednesday, May 20
Taco or Nachos
Fluffy Rice/Lettuce & Tomato
Milk & Fruit Choices
- Thursday, May 21
Ham & Cheese Bagel
French Fries
Milk & Fruit Choices
- Friday, May 22
Early Dismissal/No Lunch Served
- Monday, May 25
Memorial Day—Schools Closed

Featured Specials of the Day

Tuesday, May 26
SCHOOLS CLOSED
NO LUNCH SERVED

Wednesday, May 27
Popcorn Chicken/Biscuit
Sweet Corn

Milk & Fruit Choices
Thursday, May 28

Chicken Fajita
Fluffy Rice/Lettuce & Tomato
Milk & Fruit choices

Friday, May 29
Spaghetti & Meatsauce
Tossed Salad/Italian Bread
Milk & Fruit Choices

Monday, June 1
Chicken Pattie Sandwich
Sweet Carrots

Milk & Fruit Choices
Tuesday, June 2

Taco or Nachos
Fluffy Rice/lettuce & Tomato
Milk & Fruit Choices

Wednesday, June 3
Ham & Cheese Bagel
French Fries

Milk & Fruit Choices
Thursday, June 4

Spaghetti & Meat Sauce
Tossed Salad/Italian Bread
Milk & Fruit Choices

Friday, June 5
Chicken Parm Hero

Tossed Salad
Milk & Fruit Choices

Monday, June 8
Popcorn Chicken/Biscuit
Sweet Corn
Milk & Fruit

KICK THE CAN.



When you drink a can of soda, your body immediately gets hit with 10 teaspoons of sugar – that's 100% of your daily allowance.

Within 20 minutes your blood sugar spikes, and an hour later you crash – and crave more.

Does your body really need this?

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Featured Specials of the Day

Tuesday, June 9
B.B.Q. Rib Sandwich
French Fries

Milk & Fruit Choices
Wednesday, June 10
Beef Burrito
Fluffy Rice/Black Beans
Milk & Fruit

Thursday, June 11
B.L.T. Sandwich
Mozzarella Sticks
Milk & Fruit Choices

Friday, June 12
Chicken Parm Hero
Tossed Salad

Milk & Fruit Choices
Monday, June 15
Chicken Pattie Sandwich
Pasta Salad
Milk & Fruit Choices

Menus for May and June 2009



Warwich Valley
High School

Available

Cheeseburgers, Veggie
Burgers
Cold Salad Plates, Wraps and
Sandwiches
Assorted Pizza