



MEMORIAL DAY

Breakfast Price:
\$2.00 with milk

Lunch Price:
\$2.75 with milk
Milk separate: 50¢

HOWARD COUNTY PUBLIC SCHOOL SYSTEM

MAY 2014

Elementary School Menu

MAY
SALUTE TO
SCHOOL FOOD
AND NUTRITION
MONTH



MEMORIAL DAY

School Lunch Meal Plans

School Meals

We serve education every day™

The HCPSS Food and Nutrition Service Office is implementing a new Point of Sale (POS) System this school year. With it, parents will have the option of funding an online account, from which students can draw funds to obtain breakfast, lunch and/or a la carte foods at school. You can sign up at www.schoolpaymentsolutions.com

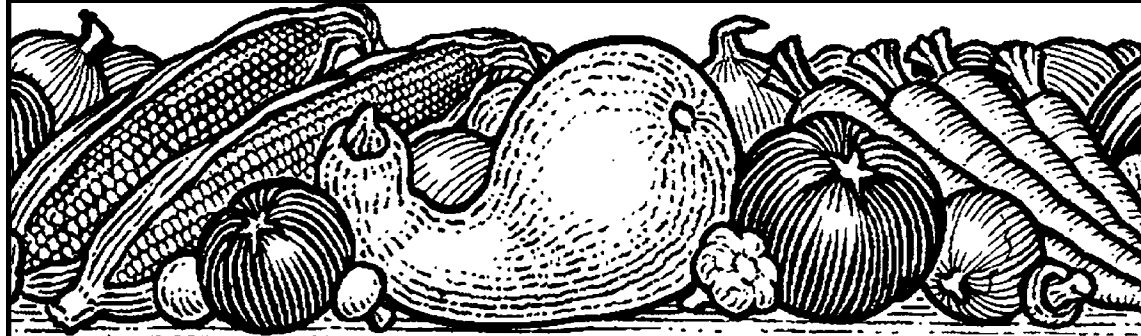


Weekly Menus with Nutritional Information

HCPSS menus are available online at www.hcpss.org
Click on lunch menus on the left. Then click on schoolmenu.com



Scan for a listing of our school menu



Thursday, May 1

Friday, May 2

Beef Mashed Potato Bowl with Whole Grain Roll

All Lunches Include
Garden Fresh Salad/Fruit Tray
with Lowfat Dressings and Dips

Today's Featured Items are: Carrot Sticks,
Apples, and Mixed Fruit in Light Syrup

Today's Hot Vegetable:
Mashed Potatoes

Milk is fat free flavored or unflavored or 1% white

Beef Taco with Flour or Corn Tortillas and Rice

All Lunches Include
Garden Fresh Salad/Fruit Tray
with Lowfat Dressings and Dips

Today's Featured Items are: Romaine,
Seasonal Fruit and Applesauce

Today's Hot Vegetable:
Sweet Corn and Refried Beans

Milk is fat free flavored or unflavored or 1% white

Monday, May 5

Tuesday, May 6

Wednesday, May 7

Thursday, May 8

Friday, May 9

Toasted Cheese Sandwich with Tomato Soup

All Lunches Include
Garden Fresh Salad/Fruit Tray
with Lowfat Dressings and Dips

Today's Featured Items are: Cucumber Slices,
Diced Pears in Light Syrup and Apples

Today's Hot Vegetable:
Tomato Soup

Milk is fat free flavored or unflavored or 1% white

National Teacher's Day

Beef Taco with Flour or Corn Tortillas with Rice

All Lunches Include
Garden Fresh Salad/Fruit Tray
with Lowfat Dressings and Dips

Today's Featured Items are: Broccoli Florets,
Seasonal Fruit, Cinnamon Apple Slices

Today's Hot Vegetable:
Yellow Corn and Refried Beans

Milk is fat free flavored or unflavored or 1% white

Burgers: Plain, with Cheese or Veggie on Kaiser Roll

All Lunches Include
Garden Fresh Salad/Fruit Tray
with Lowfat Dressings and Dips

Today's Featured Items are: Sliced Tomatoes
Mixed Fruit in Light Syrup and Fresh Apples

Today's Hot Vegetable:
Cut Green Beans

Milk is fat free flavored or unflavored or 1% white

Penne Pasta with Meat Sauce/ Whole Grain Bread

All Lunches Include
Garden Fresh Salad/Fruit Tray
with Lowfat Dressings and Dips

Today's Featured Items are: Romaine Lettuce,
Seasonal Fruit and Peaches in Light Syrup

Today's Hot Vegetable:
Carrot Coins

Milk is fat free flavored or unflavored or 1% white

Happy Mother's Day

Chicken Mashed Potato Bowl with Whole Grain Biscuit

All Lunches Include
Garden Fresh Salad/Fruit Tray
with Lowfat Dressings and Dips

Today's Featured Items are: Medley of Fresh Vegetables,
Applesauce and Seasonal Fruit

Today's Hot Vegetable:
Mashed Potatoes

Milk is fat free flavored or unflavored or 1% white

Offered Monday, Wednesday and Friday: Popcorn Chicken with Roll • Stuffed Crust Cheese Pizza with Whole Grain Crust • Yogurt, Bagel and Fruit Plate
Offered Tuesday and Thursday: Chicken Patty with Roll • Stuffed Crust Cheese or Pepperoni Pizza

Monday, May 12	Tuesday, May 13	Wednesday, May 14	Thursday, May 15	Friday, May 16
Beef Taco with Flour or Corn Tortillas with Rice All Lunches Include Garden Fresh Salad/Fruit Tray with Lowfat Dressings and Dips Today's Featured Items are: Romaine, Apples, and Diced Pears in Light Syrup Today's Hot Vegetable: Corn Niblets and Refried Beans Milk is fat free flavored or unflavored or 1% white	Chicken Stir Fry with Rice and Dinner Roll All Lunches Include Garden Fresh Salad/Fruit Tray with Lowfat Dressings and Dips Today's Featured Items are: Cucumber Coins, Mixed Fruit in Light Syrup and Sliced Apples Today's Hot Vegetable: Steamed Carrot Coins Milk is fat free flavored or unflavored or 1% white	School Nurse's Day Toasted Cheese Sandwich with Tomato Soup All Lunches Include Garden Fresh Salad/Fruit Tray with Lowfat Dressings and Dips Today's Featured Items are: Mixed Greens, Seasonal Fruit, and Applesauce Today's Hot Vegetable: Tomato Soup Milk is fat free flavored or unflavored or 1% white	Spaghetti with Meat Sauce and Bread or Spaghetti Taco All Lunches Include Garden Fresh Salad/Fruit Tray with Lowfat Dressings and Dips Today's Featured Items are: Tossed Salad, Peaches in Light Syrup and Apples Today's Hot Vegetable: Cut Green Beans Milk is fat free flavored or unflavored or 1% white	 Teacher Preparation Professional Development Day Schools closed for students
Monday, May 19	Tuesday, May 20	Wednesday, May 21	Thursday, May 22	Friday, May 23
Chicken Mashed Potato Bowl with Roll All Lunches Include Garden Fresh Salad/Fruit Tray with Lowfat Dressings and Dips Today's Featured Items are: Tossed Salad, Apples and Mixed Fruit in Light Syrup Today's Hot Vegetable: Mixed Vegetables Milk is fat free flavored or unflavored or 1% white	Baked Macaroni and Cheese with Dinner Roll All Lunches Include Garden Fresh Salad/Fruit Tray with Lowfat Dressings and Dips Today's Featured Items are: Cucumbers, Peaches in Light Syrup and Apple Slices Today's Hot Vegetable: Stewed Tomatoes Milk is fat free flavored or unflavored or 1% white	Barbeque Rib Sub All Lunches Include Garden Fresh Salad/Fruit Tray with Lowfat Dressings and Dips Today's Featured Items are: Romaine, Fresh Apples and Pears in Light Syrup Today's Hot Vegetable: Tater Tots Milk is fat free flavored or unflavored or 1% white	Principal's Day Toasted Cheese Sandwich with Tomato Soup All Lunches Include Garden Fresh Salad/Fruit Tray with Lowfat Dressings and Dips Today's Featured Items are: Fresh Broccoli, Seasonal Fruit and Applesauce Today's Hot Vegetable: Tomato Soup Milk is fat free flavored or unflavored or 1% white	Beef Taco with Flour or Corn Tortillas and Rice All Lunches Include Garden Fresh Salad/Fruit Tray with Lowfat Dressings and Dips Today's Featured Items are: Shredded Lettuce, Cinnamon Apple Slices and Fresh Apples Today's Hot Vegetable: Yellow Corn and Refried Beans Milk is fat free flavored or unflavored or 1% white
Monday, May 26	Tuesday, May 27	Wednesday, May 28	Thursday, May 29	Friday, May 30
 Memorial Day Schools and Offices closed	Chicken Sir Fry with Rice and Dinner Roll All Lunches Include Garden Fresh Salad/Fruit Tray with Lowfat Dressings and Dips Today's Featured Items are: Carrot Sticks, Apples, and Pears in Light Syrup Today's Hot Vegetable: Steamed Spinach Milk is fat free flavored or unflavored or 1% white	Burgers: Plain, with Cheese or Veggie on Kaiser Roll All Lunches Include Garden Fresh Salad/Fruit Tray with Lowfat Dressings and Dips Today's Featured Items are: Tossed Salad, Mixed Fruit in Light Syrup Sliced Apples Today's Hot Vegetable: Glazed Carrot Coins Milk is fat free flavored or unflavored or 1% white	Beef Taco with Flour or Corn Tortillas with Rice All Lunches Include Garden Fresh Salad/Fruit Tray with Lowfat Dressings and Dips Today's Featured Items are: Shredded Lettuce, Seasonal Fruit, and Peaches in Light Syrup Today's Hot Vegetable: Sweet Corn and Refried Beans Milk is fat free flavored or unflavored or 1% white	Sloppy Joe and Coleslaw with Kaiser Roll All Lunches Include Garden Fresh Salad/Fruit Tray with Lowfat Dressings and Dips Today's Featured Items are: Romaine, Fresh Apples and Fruit Cocktail in Light Syrup Today's Hot Vegetable: Crinkle Cut Potatoes Milk is fat free flavored or unflavored or 1% white

Offered Monday, Wednesday and Friday: Popcorn Chicken with Roll • Stuffed Crust Cheese Pizza with Whole Grain Crust • Yogurt, Bagel and Fruit Plate
Offered Tuesday and Thursday: Chicken Patty with Roll • Stuffed Crust Cheese or Pepperoni Pizza

POINT OF SALE (POS) UPDATE

It is easy to make a deposit into your's student's cafeteria account. Please sign up at: www.schoolpaymentsolutions.com

The chart below shows the amount of money to place on account to finish out this school year.

		Elementary Classic Lunch	MS/HS Classic Lunch	HS Signature Lunch	Breakfast	Reduced Price Lunch	Reduced Price Breakfast
Month	Days	\$2.75	\$3.25	\$4.00	\$2.00	\$0.40	\$0.30
May	20	\$55.00	\$65.00	\$80.00	\$40.00	\$8.00	\$6.00
June	15	\$41.25	\$48.75	\$60.00	\$30.00	\$6.00	\$4.50
TOTAL	35	\$96.25	\$113.75	\$140.00	\$70.00	\$14.00	\$10.50