

Starpoint Fricano/Regan Elementary Lunch Menu

Grade K-5 \$2.05 Pre-Pay, Full, or Reduced Lunches Available Weekly, Monthly, or Yearly. Please make checks payable to Starpoint CSD.

June 2019



Lunch Fact

My Plate

Recommends:



Choose vegetables rich in color! Brighten your plate with vegetables that are red, orange, or dark green. They not only taste great, but are good for you, too.

Reference: USDA. MyPlate.gov. Internet: <http://www.myplate.gov/>.

Menu is subject to change.

**Have A Wonderful and Safe Summer!
See You in September!**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Meatball Sub 4 ea. or Ham Sandwich</p> <p>-----</p> <p>Carrots Fresh or Prepared Fruit</p>	<p>4</p> <p>8" Taco on Soft Shell w/ Lettuce & Cheese or Turkey Sandwich</p> <p>-----</p> <p>Vegetarian Beans Fresh or Prepared Fruit</p>	<p>5</p> <p>Turkey & Gravy w/ Dinner Roll or Ham & Cheese Sandwich</p> <p>-----</p> <p>Corn 1/2c Mashed Potatoes 1/2c Fresh or Prepared Fruit</p>	<p>6</p> <p>Sliced Pizza or Turkey & Cheese Sub</p> <p>-----</p> <p>Broccoli Fresh or Prepared Fruit</p>	<p>7</p> <p>Macaroni & Cheese 2/3c or Ham Sandwich</p> <p>-----</p> <p>Green Beans Fresh or Prepared Fruit</p>
<p>10</p> <p>BBQ Chicken on a Roll or Turkey Sandwich</p> <p>-----</p> <p>Green Beans Fresh or Prepared Fruit</p>	<p>11</p> <p>8" Taco on Soft Shell w/ Lettuce & Cheese or Ham & Cheese Sub</p> <p>-----</p> <p>Vegetarian Beans Fresh or Prepared Fruit</p>	<p>12</p> <p><u>Fricano Field Days</u></p> <p>Hamburger or Cheeseburger or Turkey & Cheese Sandwich</p> <p>-----</p> <p>Peas Fresh or Prepared Fruit</p>	<p>13</p> <p><u>Regan Intermediate Field Days</u></p> <p>Sliced Pizza or Ham Sandwich</p> <p>-----</p> <p>Broccoli Fresh or Prepared Fruit</p>	<p>14</p> <p>Spirals 1/2c. w/ Sauce & Meatballs 4 ea or Turkey Sandwich</p> <p>-----</p> <p>Carrots Fresh or Prepared Fruit</p>
<p>17</p> <p>Meatball Sub 4 ea. Or Ham & Cheese Sub</p> <p>-----</p> <p>Green Beans Fresh or Prepared Fruit</p>	<p>18</p> <p>8" Taco on Soft Shell w/ Lettuce & Cheese or Turkey & Cheese Sandwich</p> <p>-----</p> <p>Vegetarian Beans Fresh or Prepared Fruit</p>	<p>19</p> <p>Chicken & Gravy w/ Dinner Roll or Ham Sandwich</p> <p>-----</p> <p>Corn 1/2c Mashed Potatoes 1/2c Fresh or Prepared Fruit</p>	<p>20</p> <p>Sliced Pizza or Turkey Sandwich</p> <p>-----</p> <p>Carrots Fresh or Prepared Fruit</p>	<p>21</p> <p>Grilled Cheese Sandwich w/ Tomato Soup or Ham & Cheese Sandwich</p> <p>-----</p> <p>Broccoli Fresh or Prepared Fruit</p>
<p>24</p> <p>Hamburger or Cheeseburger or Turkey & Cheese Sandwich</p> <p>-----</p> <p>Vegetarian Beans Fresh or Prepared Fruit</p>				
<p>Food Service Subs needed in all our ** Kitchens ** APPLICATIONS IN HIGH SCHOOL CAFETERIA OFFICE or Call 716-210-2381 For Details</p>	<p>*****</p> <p>Looking for a part time job you can do when your kids are in school?</p> <p>*****</p>	<p>*****</p> <p>Help is needed in all our kitchens in September</p> <p>*****</p>	<p>*****</p> <p>Feel free to call today for info!</p> <p>210-2381</p> <p>*****</p>	<p>MY SCHOOL BUCKS</p> <p>Visit www.myschoolbucks.com to set up a lunch account to monitor and apply money to your child's account throughout the school year</p>

Offered Daily

With all School Lunches:

Fresh Fruit (served by the piece = 1/2c)
Or Prepared Fruit (served by the 1/2c portion)
Vegetables (served by the 3/4c portions unless otherwise noted)
(Must take 1/2 cup of Fruit or Veggies)
(May take 1 cup each)

Non or Low Fat White or
Non Fat Chocolate Milk available daily

We serve the following Entrees Daily

Yogurt Parfait w/ 2 Rolls (2M & 2G)
PBJ (2M & 2G)
Julienne Salad w/ 2 Rolls (2M-2G)
Cheese Sandwich (2M-2G)

A la Carte Prices

Milk	.75
Chip Bags	.80
Rice Krispie Treat	.80
Ice Cream	1.00

Start with a:

- Vegetable
- Fruit (or take both)
- Choose whole grains
- Pick a lean protein
- Add serving of milk

Take at least 3

(One being a fruit or vegetable)