



Conval Elementary Schools Grab & Go Breakfast Menu June 2017

		Thursday 6/1 Today's Special		Friday 6/2 Today's Special	
		Soft Round Granola Bar Fruit Selection Milk		Fresh Bagel with Cream Cheese Fruit Selection Milk	
Monday 6/5 Today's Special	Tuesday 6/6 Today's Special	Wednesday 6/7 Today's Special	Thursday 6/8 Today's Special	Friday 6/9 Today's Special	
Assorted Cereal w/ Cheese Stick Fruit Selection Milk	Yogurt and Grahams Fruit Selection Milk	Fruit Oatmeal Bar Fruit Selection Milk	Soft Round Granola Bar Fruit Selection Milk	Fresh Bagel with Cream Cheese Fruit Selection Milk	
Monday 6/12 Today's Special	Tuesday 6/13 Today's Special	Wednesday 6/14 Today's Special	Thursday 6/15 Today's Special	Friday 6/16 Today's Special	
Assorted Cereal w/ Cheese Stick Fruit Selection Milk	Yogurt and Grahams Fruit Selection Milk	Fruit Oatmeal Bar Fruit Selection Milk	Soft Round Granola Bar Fruit Selection Milk	Fresh Bagel with Cream Cheese Fruit Selection Milk	
Monday 6/19 Today's Special	Tuesday 6/20 Today's Special	Wednesday 6/21 Today's Special	Thursday 6/22 Today's Special	Friday 6/23 Today's Special	
Assorted Cereal w/ Cheese Stick Fruit Selection Milk	Yogurt and Grahams Fruit Selection Milk	Fruit Oatmeal Bar Fruit Selection Milk	Soft Round Granola Bar Fruit Selection Milk	Fresh Bagel with Cream Cheese Fruit Selection Milk	

Have a Wonderful Summer!

Café Services is a proud proponent of the Farm-to-School Initiative. We Buy Local First.



Fresh Picks Cafe is a division of Café Services™

Students may take two fruit servings with each meal. They must take at least one to qualify for the meal prices listed. This Institution is an equal opportunity provider.

Try a Bite! Harvest of the Month

This month we are featuring **Mixed Salad Greens** On the menu throughout the month.

Monthly Celebration

End of Year BBQ!

Feed Your Brain At Breakfast!

Good nutrition enhances learning.

A healthy breakfast can help fuel your brain and body to start the day.

Choose the **Special of the Day** with up to two **Breakfast Fruit Selections & Milk**

All baked goods and cereals are 100% Whole Grain rich

Meal Prices

Breakfast:

Full Price ES: \$1.25
Full Price MS: \$1.50
Full Price HS: \$1.75
Reduced Price: \$0.30

Lunch:

Full Price ES: \$2.25
Full Price MS: \$2.75
Full Price HS: \$3.25
Reduced Price: \$0.40
Adult: \$5.00

Questions or Comments about the Meal Program?

Please contact your Food Service Director
Donovan Hunt
603-924-3336 x2060

or

conval@cafeservices.com

Or visit:

<http://www.freshpickscafe.com>



Conval Elementary Schools Lunch Menu

Students: \$2.25

June 2017

Adults: \$5.00

		Thursday 6/1 End of Year BBQ Part 1		Friday 6/2 Fresh Picks Pizza	
		Cheeseburger with Lettuce, Tomato, Pickle Potato Salad Watermelon		Cheese Pizza or Specialty Topping Mixed Field Greens Fresh Fruit	
Monday 6/5 Monday Brunch	Tuesday 6/6 Tex-Mex Tuesday	Wednesday 6/7 On Top of...	Thursday 6/8 End of Year BBQ Part II	Friday 6/9 Fresh Picks Pizza	
French Toast Sticks Sausage Patties Home Fries Applesauce	Chicken Quesadilla with Toppings Mexicali Rice Garden Salad Mixed Fruit	Pasta with Meat Sauce Garlic Bread Broccoli Assorted Fruit	Hot Dog Oven Fries Baked Beans Fresh Fruit	Cheese Pizza or Specialty Topping Grape Tomatoes Banana	
Monday 6/12 Finger Licking	Tuesday 6/13 Taco Tuesday	Wednesday 6/14 Family Classic	Thursday 6/15 Student Favorite	Friday 6/16 Fresh Picks Pizza	
Chicken Nuggets Cole Slaw Crispy Tater Tots Fresh Fruit	Soft Taco with Fixings Seasoned Rice Green Beans Pineapple	Homemade Macaroni and Cheese Dinner Roll Green Leaf Salad Pears	Meatball Sub Cucumber Wedges Fresh Apple	Cheese Pizza or Specialty Topping Baby Carrots with Hummus Peaches	
Monday 6/19 Fun on a Bun	Tuesday 6/20 Taco Tuesday	Wednesday 6/21 Mom's Favorite	Thursday 6/22 Student Favorite	Friday 6/23 Fresh Picks Pizza	
Bacon Cheeseburger Lettuce, Tomato, Pickles Carrots Fresh Fruit	Taco with Fixings Cilantro Rice Corn and Bean Salad Peas Mixed Fruit	Spaghetti and Meat Sauce Parmesan Roll Caesar Salad Fresh Fruit	Grilled Ham & Cheese Flat Bread w/ Garlic Butter Celery Sticks Fresh Fruit	Cheese Pizza or Specialty Topping Sweet Corn Fruit	

Have a Wonderful Summer!

Try a Bite/ Harvest of the Month

This month we are featuring **Mixed Salad Greens** On the menu throughout the month.

End of the Year BBQ

Thank you for a great year. Have a great summer!

Healthy Side Bar

All entrees offer a variety of nutritious fruits, legumes, & vegetables to complement your meal. All meals served with farm fresh milk.

Daily Options Deli

Fresh Made Deli Sandwiches

made on whole wheat breads and offered with two nutritious sides and farm fresh milk.

Monday: Café Kids Plate

Tuesday: Ham & Cheese

Wednesday: Egg Salad

Thursday: Fruit & Yogurt Parfait

Friday: Turkey & Cheese

Market Fresh

A Specialty Entrée Salad and a Garden Chef Salad made fresh daily and offered with whole wheat bread, fruit and farm fresh milk

Monday: Three Cheese Salad

Tuesday: Chicken Caesar
Wednesday: Ham & Cheese Chef

Thursday: BCLT

Friday: Strawberry Chicken

Pizza

Friday is Pizza Day!

Whole wheat pizza dough topped with low fat pizza cheese, served with two nutritious sides and milk

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