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# Murray's Message

Right and physical activity should be part of your every day! playing our countries National Pastime, baseball! This fun sport requires you to run and stay fit! If you combine playing baseball with a good diet, you will not only improve your health, but you will improve your health while having fun!

# Roosevelt UFSD April 2010 Elementary Breakfast Menu

**ALL STUDENT LUNCHES INCLUDE:**  
Choice of 1% Milk, Low Fat Chocolate Milk  
**Vegetable or Salad**  
**Fresh Fruit or 100% Juice**

**LUNCH ALTERNATES:**  
Bagel w/Butter & American Cheese  
Low Fat Yogurt & Veggie Sticks  
*Above Lunches include Vegetable, Fruit or Fruit Juice and Choice Milk*  
**DAILY OFFERINGS:**  
Deli Turkey & Cheese Sandwich  
Turkey Ham Cheese Sandwich  
Tuna Salad Platter or Sandwich



**QUESTIONS OR COMMENTS**  
Please call our Food Service Director, Pam Brunet at 516-771- 6320

*\*Consuming raw or undercooked meats, fish, shellfish or fresh shell eggs may increase your risk of food-borne illness, especially if you have certain medical conditions.*

**Menu is subject to change**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>SPRING RECESS SCHOOL CLOSED</b>				
5	6	7	8	9
Cold Cereal Buttered Toast Chilled Fruit Choice Milk	Egg & Cheese on a whole wheat bun Chilled Fruit Choice Milk	Cold Cereal Buttered Toast Chilled Fruit Choice Milk	French Toast Sticks Syrup Chilled Fruit Choice Milk	Cold Cereal Buttered Toast Chilled Fruit Choice Milk
12	13	14	15	16
Cold Cereal Buttered Toast Chilled Fruit Choice Milk	Waffles w/ Syrup Turkey Ham Chilled Fruit Choice Milk	Cold Cereal Buttered Toast Chilled Fruit Choice Milk	Egg & Cheese on a whole wheat bun Chilled Fruit Choice Milk	Cold Cereal Buttered Toast Chilled Fruit Choice Milk
19	20	21	22	23
Cold Cereal Buttered Toast Chilled Fruit Choice Milk	Egg & Cheese on a whole wheat bun Chilled Fruit Choice Milk	Cold Cereal Buttered Toast Chilled Fruit Choice Milk	French Toast Sticks Syrup Chilled Fruit Choice Milk	Cold Cereal Buttered Toast Chilled Fruit Choice Milk
26	27	28	29	30
Cold Cereal Buttered Toast Chilled Fruit Choice Milk	Whole Grain Pancakes Syrup Turkey Ham Chilled Fruit Choice Milk	Cold Cereal Buttered Toast Chilled Fruit Choice Milk	Egg & Cheese on a whole wheat bun Chilled Fruit Choice Milk	Cold Cereal Buttered Toast Chilled Fruit Choice Milk



**Sensible Snacks**  
Fresh Fruit  
Baked Chips  
Pretzel Rods  
Hot Soft Pretzels  
Baked Chips  
Bagel Chips  
Organic Animal Crackers  
Quaker Rice Cakes  
*Fat=7 grams or less*  
*Sat Fat=2 grams or less*  
*Sodium=360mg or less*  
*Sugar=15 grams or less*

