


SCHOOL MEALS
CONVENIENT
ECONOMICAL
HEALTHY
*"We serve education
 everyday"*

SHAKER HEIGHTS CITY SCHOOLS LUNCH MENU
WOODBURY
JUNE 2009
Lunch: \$2.50

"We think Lunch

*Because they can't
 think without it"*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 COOK'S CHOICE	2 Sub Sandwich Sun Chips Celery Sticks w/ Ranch Fruit & Juice Bar Low Fat Milk Choices	3 Grilled Chicken Sandwich Green Beans Apple Slices Cookie Low Fat Milk Choices	4 Turkey Ham & Cheese Bagel Sandwich Corn Chips Broccoli Fruit Shape Up Low Fat Milk Choices	5 Meatball Sub Steamed Rice Carrot Coins Fruit Snacks Low Fat Milk Choices
8 "Brunch for Lunch" Scrambled Eggs Mini Muffin Orange Slices Fruit Juice Low Fat Milk Choices	9 COOK'S CHOICE	10 COOK'S CHOICE		

SHAKER HEIGHTS CITY SCHOOLS
K-6 BREAKFAST MENU
JUNE
\$1.75

1 WHOLE GRAIN FRUIT TURNOVER LOWFAT MILK CHOICES	2 POPARTS FRUIT OR JUICE LOWFAT MILK CHOICES	3 BAGEL W/ JELLY FRUIT OR JUICE LOWFAT MILK CHOICES	4 DREAM WAFFLE FRUIT OR JUICE LOWFAT MILK CHOICES	5 GRANOLA BAR 4 OZ. YOGURT FRUIT OR JUICE LOWFAT MILK CHOICES
8 BAGEL W/ JELLY FRUIT OR JUICE LOWFAT MILK CHOICES	9 MUFFIN CHEESE STICK FRUIT OR JUICE LOWFAT MILK CHOICES	10 DREAM WAFFLE FRUIT OR JUICE LOWFAT MILK CHOICES	11 WHOLE GRAIN FRUIT TURNOVER LOWFAT MILK CHOICES	

MENUS ARE SUBJECT TO CHANGE WITHOUT NOTICE
 PREPAYMENT IS AVAILABLE FOR YOUR CONVENIENCE AT www.shaker.org/payforit