

June 2009

Severn Healthy School Food Menu

Mon	Tue	Wed	Thu	Fri
<p>1</p> <p><i>Chili Burger on Whole Wheat Roll</i></p> <p><i>Green Peas</i></p> <p><i>Sliced Pears</i></p>	<p>2</p> <p><i>Beans and Greens over Whole Grain Pasta</i></p> <p><i>Warm Wheat Dinner Roll</i></p> <p><i>Kernel Corn</i></p> <p><i>Chilled Applesauce</i></p>	<p>3</p> <p><i>Whole Grain Pasta with "Un-Meatballs" and Sauce</i></p> <p><i>Wheat Bread Slice</i></p> <p><i>Garden Salad</i></p> <p><i>Diced Peaches</i></p>	<p>4</p> <p><i>Beautiful Bean Burrito</i></p> <p><i>Steamed Brown Rice</i></p> <p><i>Honey Glazed Carrots Coins</i></p> <p><i>Seedless Grapes</i></p>	<p>5</p> <p><i>Baked Bean Trio</i></p> <p><i>Warm Wheat Dinner Roll</i></p> <p><i>Broccoli/Cauliflower Cup</i></p> <p><i>Mixed Fruit Cup</i></p>
<p>8</p> <p><i>Corn Tortilla Chips with White Bean Dip</i></p> <p><i>Green Beans</i></p> <p><i>Pineapple Chunks</i></p>	<p>9</p> <p><i>Portuguese White Bean and Kale Soup</i></p> <p><i>Steamed Brown Rice</i></p> <p><i>Warm Wheat Dinner Roll</i></p> <p><i>Fresh Melon Wedge</i></p> <p><i>Sunflower Seeds</i></p>	<p>10</p> <p><i>Hummus with Whole Grain Roll</i></p> <p><i>Tabouleh Salad</i></p> <p><i>Raw Baby Carrots</i></p> <p><i>Fresh Berry Bowl</i></p>	<p>11</p> <p><i>Beautiful Bean Burrito</i></p> <p><i>Steamed Brown Rice</i></p> <p><i>Green Peas</i></p> <p><i>Chilled Pears</i></p>	<p>12</p> <p><i>Veggie Topped Focaccia</i></p> <p><i>Baked Bean Trio</i></p> <p><i>Kernel Corn</i></p> <p><i>Sunflower Seeds</i></p> <p><i>Chilled Applesauce</i></p>
<p>15</p> <p><i>Chili Burger on Whole Grain Roll</i></p> <p><i>Beans and Greens</i></p> <p><i>Chilled Applesauce</i></p>	<p>16</p> <p><i>Whole Grain Pasta with Marinara And "Un-Meatballs"</i></p> <p><i>Italian Bread Slice</i></p> <p><i>Garden Salad</i></p> <p><i>Apple Blueberry Crisp</i></p>	<p>17</p> <p><i>Tomato Soup</i></p> <p><i>Hummus with Wheat Bread</i></p> <p><i>Mixed Bean Salad</i></p> <p><i>Fresh Melon Wedge</i></p>	<p>18</p> <p><i>Beautiful Bean Burrito</i></p> <p><i>Steamed Brown Rice</i></p> <p><i>Honey Glazed Carrots</i></p> <p><i>Pineapple Chunks</i></p>	<p>19</p> <p style="text-align: center;">Early Dismissal</p> <p style="text-align: center;">No Lunch</p>
<p>22</p> <p><i>Chili Burger on Whole Grain Roll</i></p> <p><i>Kernel Corn</i></p> <p><i>Chilled Pears</i></p>	<p>23</p>	<p>24</p> <p style="text-align: center;">Early Dismissal</p> <p style="text-align: center;">No Lunch</p> <p style="text-align: center;">(except for Carder)</p>	<p>25</p>	<p>26</p>
<p>29</p>	<p>30</p>			