

SUPERIOR CENTRAL SCHOOL

May 2009



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
 <h2 style="color: blue;">GUESS WHAT?</h2> <p style="color: magenta;">UNDERWATER SWIMMING IS THE ONLY TIME YOU SHOULD HOLD YOUR BREATH WHILE EXERCISING.</p> <p style="color: magenta;">THE HUMAN NERVOUS SYSTEM CAN RELAY MESSAGES TO THE BRAIN AT SPEEDS OF UP TO 200 MILES PER HOUR.</p>					Cereal and muffins <hr/> Cheese Ravioli	1
Cereal and muffins <hr/> Turkey subs	NATIONAL TEACHER'S DAY Cereal and muffins <hr/> Salisbury Steak and mash potatoes	Pancakes <hr/> Chicken potpie	Cereal and muffins <hr/> Hot dogs	Waffles <hr/> Macaroni and cheese	4 5 6 7 8	
TEACHER APPRECIATION WEEK						
Cereal and muffins <hr/> Chicken stirfry over rice	Scrambled eggs and ham <hr/> Hammy sammy	Cereal and muffins <hr/> Chicken strips and fries	Cereal and muffins <hr/> Roast turkey and wedge fries	French toast <hr/> Scallop potatoes and ham	11 12 13 14 15	
Cereal and muffins <hr/> Chicken patty sandwich	Pancakes <hr/> Cheeseburgers	Cereal and muffins <hr/> Cheddar fries	Cereal and muffins <hr/> Cooks choice	Cooks choice <hr/> Cooks choice LAST DAY OF SCHOOL HAVE A WONDERFUL SUMMER.	18 19 20 21 22	
MEMORIAL DAY					25 26 27 28 29	

A La Carte

Monday thru Friday we will offer a main menu items, chef salad and pizza and on Mondays we will have cheese pizza.

We will also offer chicken nuggets on Mondays and Wednesday and baked potatoes with all the fixing on Tuesday and Thursday.

School News

Menus are subject to change due to the availability of product.

We also have three choices of milk 2%, skim and chocolate.

Condiments are offered when needed.

