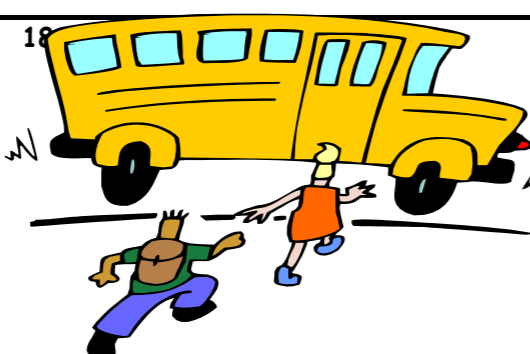


# Andover Public Schools Elementary Breakfast Menu

**August  
2009**

MENU IS SUBJECT TO  
CHANGE WITHOUT NOTICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	3	4	5	6
10	11	12	13	14
17	18 	19 <b>Welcome Back!</b>	20 Cereal Graham Cracker Assorted Juice or Fruit Milk	21 Cereal Graham Cracker Assorted Juice or Fruit Milk
24 Cereal Graham Cracker Assorted Juice or Fruit Milk	25 Breakfast Hot Pocket Chilled Fruit Milk	26 Muffin Assorted Juices Milk	27 Biscuit & Gravy Chilled Fruit Milk	28 Cereal Graham Cracker Assorted Juice or Fruit Milk
31 Cereal Graham Cracker Assorted Juice or Fruit Milk				

Prepared from Scratch

 Contains Pork

 Vegetarian Entrée

 Harvest of the Month

Elementary \$1.45  
Extra Milk \$0.40  
Extra Juice \$0.40  
Adult \$1.60

*Free & Reduced-Meal forms can be obtained from all building offices at any time throughout the school year.*

To check the balance in your account or for additional information, contact:  
**Ann Katt , FSD**  
316-218-4603

## Food 4 Thought

Did you know your body contains more calcium than any other mineral?

Most of the calcium in your body (99%) is found in your bones. The remaining 1% is in the fluid that surrounds and fills your cells.

Calcium is essential to build strong bones, calcium in your bones is used to keep calcium in your blood. Calcium in your blood is important because it regulates your heartbeat. Dairy foods are the main source of calcium and are a good source of Vitamin D and protein.

Green leafy vegetables, beans, and calcium-fortified 100% juices are also a good source of calcium.

*So, drink milk, eat your green veggies and build strong bones!!*

**NEW**  
*Welcome to the Elementary Lunchroom!*

## Fruit & Vegetable Bar

Fresh vegetables plus fresh and canned fruits are available daily with lunch from the **Fruit & Vegetable Bar**



**Plain & Flavored, 1% Milk offered daily with Lunch**