

April 2006

Dear Parents,

The week of April 24<sup>th</sup>-April 28<sup>th</sup> is the first ever Student Design-a-Meal week project at Great Brook School. Five chosen classrooms have each designed a day's worth of breakfast and lunch menu items using the USDA nutritional guidelines. Each meal is nutritious, delicious, and shows the students' creativity! The class that designed the day that the most school meals are purchased wins the friendly competition and will receive a prize. We encourage each student to get involved and try the new meals the students have designed. There will be no other choices available this week (such as grinders or salad bar) so if your child does not wish to try a meal then please send a sack lunch with him/her. Thank you!

Sincerely,

Tony Geraci  
Foodservice Director  
ConVal School District

### **Student Design-a-Meal Week Menu**

#### **Monday—Mr. Anderson's Advisory**

Breakfast: Crepes served with apples and strawberries  
Bacon  
Grapes  
Strawberry Smoothies

Lunch: Teryaki Steak Tips  
Garlic Bread  
Watermelon  
Green beans  
French Silk Pie

#### **Tuesday—Mrs. Bundy's 5<sup>th</sup> Grade, Tropical Theme**

Breakfast: Tropical Breakfast Parfait  
Cuban French Toast with Tropical Salsa

Lunch: BBQ Chicken Quesadilla  
Tropical Greens Salad  
Rice  
Fruit Smoothie  
Tropical Sundaes



### **Wednesday—Mrs. Pietrovito’s Class, Hawaiian Theme**

Breakfast: Crepes served with strawberries, mangoes, and syrup  
Sausage Links  
Fruit Salad

Lunch: Sweet and Sour Steak and Veggie Kabobs  
Fried Rice  
Coconut Smoothies  
Fruit Kabobs with Chocolate Dipping Sauce



### **Thursday—Mrs. Essex’s Class, Western Chuckwagon Theme**

Breakfast: Flapjacks served with butter and syrup  
Bison Strip Bacon (regular bacon)  
Snake Venom Orange and Cranberry Juice

Lunch: Longhorn Spicy Beef Stew  
Homesteader Biscuit  
Cactus Cups (Wagon-Wheel Cucumber Slices, Celery,  
Fire Ant Craisins, and Peanut Butter)  
Apples and Prairie Caramel Dipping Sauce



### **Friday—Mrs. Blair/Mrs. Proctor’s Advisories, Mexican Theme**

Breakfast: Ham and Cheese Quiche and Vegetable Quiche  
Mandarin Oranges  
Assorted flavor juices

Lunch: Chicken and Cheese Quesadillas  
Peppers and Onions  
Strawberries  
Boston Cream Pie



\*\*\*Menu is subject to change if necessary\*\*\*