

# Minnetonka Deephaven Elementary Menu

## May

Monday	Tuesday	Wednesday	Thursday	Friday
<b>30</b> Pizza Choice or Power Ham Pita Caesar Salad Fruit Choices Milk Choice	<b>1</b> Grilled Cheese Sandwich or Chicken Caesar Salad Chicken Wild Rice Soup Seasoned Green Beans Fruit Choices Milk Choice	<b>2</b> Macaroni and Cheese or Club Wrap Seasoned Peas Fruit Choices Milk Choice	<b>3</b> Spaghetti and Meat Balls or Chicken Tortilla Salad Caesar Salad MG Breadstick Fruit Choices Milk Choice	<b>4</b> Baked Chicken Nuggets w/MG Roll or Tuna Salad Pita Sweet Potato Fries Veggies & Dip Fruit Choices Milk Choice
<b>7</b> Cheese Quesadilla or Turkey Wrap Seasoned Peas Fruit Choices Milk Choice	<b>8</b> BBQ Chicken Sandwich or Chicken Tortilla Salad/MG Roll Broccoli Slaw Seasoned Green Beans Fruit Choices Milk Choice	<b>9</b> Chicken Taco or Chicken Caesar Wrap Lettuce, Tomato, Cheese Kansas Medley Rice Seasoned Corn Fruit Choices Milk Choice	<b>10</b> Turkey and Gravy Over Mashed Potatoes OR Chef Salad MG Roll Roasted Root Vegetables* Fruit Choices Milk Choice * Locally Grown!	<b>11</b> Pizza Choice or Power Ham Pita Caesar Salad Fruit Choices Milk Choice
<b>14</b> Beef* Taco or Turkey Wrap Lettuce, Tomato, Cheese Kansas Medley Rice Refried Beans Fruit Choices Milk Choice * Made with turkey meat	<b>15</b> Hot Ham & Cheese / MG Bun or Chicken Cesar Salad/MG Roll Steamed Broccoli Fruit Choices Milk Choice	<b>16</b> Asian Chicken w/ Rice or Club Wrap Steamed Asian Vegetables Fruit Choices Milk Choice	<b>17</b> Spaghetti and Meat Balls or Chicken Tortilla Salad Caesar Salad MG Breadstick Fruit Choices Milk Choice	<b>18</b> Multi-cultural menu Mchuzi w/Basmati Rice or Hot Ham & Cheese / MG Bun Mashed Sweet Potatoes Githeri Chapatis Bread Mango, Bananas & Oranges
*Sunbutter Sandwich Lunch includes yogurt, fruit, vegetable, milk, and other items on the menu that day.				
Parents: Please be aware that peanut products may be in processing facilities. Menu subject to change due to product availability. Elementary \$2.50, Middle \$2.65, High School \$2.85, Adult \$3.55, Milk \$.45, Water \$.50, Second Entrée \$1.50 Checks to: Minnetonka Nutrition Services or visit <a href="http://www.minnetonka.k12.mn.us">www.minnetonka.k12.mn.us</a> and pay online				

## World Cultural Week

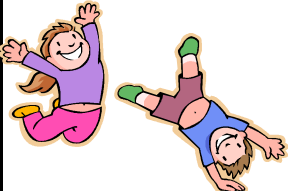
During **World Culture Week**, May 14th-18th, Deephaven will be studying the country of Kenya. On Friday, May 18th we will be serving a Kenyan inspired lunch of chicken stew made with potatoes, tomatoes, onions, carrots and a traditional spice called Royco. The menu also includes basmati rice, chapatis flat bread, \*githeri (a corn and bean side dish), mashed sweet potatoes, mango salsa, oranges, and bananas.



Kenyan dishes tend to be simple and filling. Traditional meals in Kenya have been influenced by its varied climates and terrain, as well as by foreign explorers. Tropical regions along the coast of Kenya produce fruits such as mango, papaya, oranges, bananas, plantains and coconuts. Many dishes include beans and greens and early European explorers introduced crops, such as potatoes, sweet potatoes, maize and tomatoes, which have also become staples of the Kenyan diet. Arab and Indian travelers brought spices, flat breads, chutneys and rice. Many Kenyan tribes herd cattle or goats so products such as milk, butter and meat are still the mainstay of their diets. All of these influences have fused to create a rich and delicious cuisine in Kenya.

# May/ June

Menus Also Available Online at: [www.minnetonka.k12.mn.us](http://www.minnetonka.k12.mn.us)

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>21</b></p> <p>Min Grown Hot Dog on MG Bun or Turkey Wrap Smile Potatoes Baked Beans Fruit Choices Milk Choice</p>	<p><b>22</b></p> <p>BBQ Chicken Sandwich or Chicken Tortilla Salad/MG Roll Steamed Brussel Sprouts Fruit Choices Milk Choice</p>	<p><b>23</b></p> <p>Chicken Taco or Chicken Caesar Wrap Lettuce, Tomato, Cheese Kansas Medley Rice Refried Beans Fruit Choices Milk Choice</p>	<p><b>24</b></p> <p>Turkey and Gravy Over Mashed Potatoes OR Chef Salad w/MG Roll Caesar Salad Roasted Root Vegetables* Fruit Choices Milk Choice</p> <p>* Locally Grown!</p>	<p><b>25</b></p> <p>Egg/Cheese/Sausage Wrap or Club Wrap Seasoned Carrot Coins Breakfast Cubes Fruit Choices Milk Choice</p> <p>Cookie</p>
<p><b>28</b></p> <p>No School</p>	<p><b>29</b></p> <p>Grilled Cheese Sandwich or Chicken Caesar Salad/MG Roll Chicken Wild Rice Soup Seasoned Green Beans Fruit Choices Milk Choice</p>	<p><b>30</b></p> <p>Macaroni and Cheese or Club Wrap Seasoned Peas Fruit Choices Milk Choice</p>	<p><b>31</b></p> <p>Spaghetti and Meat Balls or Chicken Tortilla Salad Caesar Salad MG Breadstick Fruit Choices Milk Choice</p>	<p><b>1</b></p> <p>Baked Chicken Nuggets w/MG Roll or Tuna Salad Pita Sweet Potato Fries Veggies &amp; Dip Fruit Choices Milk Choice</p>
<p><b>4</b></p> <p>Pizza Choice or Power Ham Pita Caesar Salad Fruit Choices Milk Choice</p>	<p><b>5</b></p> <p>BBQ Chicken Sandwich or Chicken Tortilla Salad/MG Roll Broccoli Slaw Seasoned Green Beans Fruit Choices Milk Choice</p>	<p><b>6</b></p> <p>Cook's Choice</p> <p>Fruit Choices Milk Choice</p>	<p><b>7</b></p> <p>Cook's Choice</p> <p>Fruit Choices Milk Choice</p>	<p><b>8</b></p> <p>No School!</p> 
<p><b>*Sunbutter Sandwich Lunch includes yogurt, fruit, vegetable, milk, and other items on the menu that day.</b></p>				
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## Five Reasons to Encourage more Fruit and Vegetable Consumption

1. Fruit contains sugar, mostly in the form of fructose. This gets converted into blood glucose, which is the primary energy for the body.
2. Many fruits contain a good amount of fiber that slows down the absorption of fructose, helping us feel fuller longer and possibly lose weight. It also helps lower cholesterol and improve bowel function.
3. Fruits provide beneficial antioxidants and other nutrients that supplements don't have.
4. There is mounting evidence that eating more fruit (and vegetables) may prevent serious health conditions such as heart disease and cancer.
5. Eating potassium-rich fruits (bananas, melons) might help lower your blood pressure and reduce your risk for kidney stones and bone loss.

The Nutrition Services staff thank you for choosing us for your child's lunch. We hope you have a healthy and active summer. See you in the fall!

