

# Groveland Elementary Menu

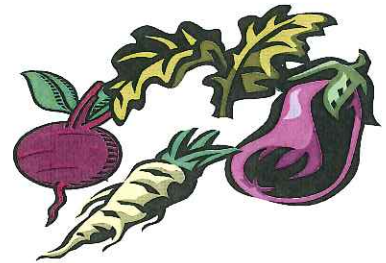
## May

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>30</b></p> <p>MIN Grown Hot Dog on MG Bun or Sloppy Joe on MG Bun Baked Crinkle Cut Potatoes Baked Beans Fruit Choices GoGurt Yogurt</p>	<p><b>1</b></p> <p>French Toast /Turkey Sausage or Hot Ham/Cheese / MG Bun Breakfast Cubes Seasoned Green Beans Fruit Choices</p>	<p><b>2</b></p> <p>Pizza Choice or Egg/Cheese/Sausage Muffin Fresh Tossed Salad Seasoned Corn Fruit Choices</p>	<p><b>3</b></p> <p>Spaghetti with Meat Sauce or Chef Salad w/ MG Roll Caesar Salad Seasoned Carrot Coins Fruit Choices</p>	<p><b>4</b></p> <p>Macaroni &amp; Cheese or Turkey Tortilla Wrap Fresh Tossed Salad Seasoned Peas Fruit Choices Cinco de Mayo Cookies</p>
<p><b>7</b></p> <p>Baked Chicken Nuggets w/ MG Stick or Chicken Salad Sandwich Kansas Medley Rice Seasoned Green Beans Fruit Choices</p>	<p><b>8</b></p> <p>Baja Fish Sticks or Rib B Q on MG Bun Steamed Broccoli &amp; Cauliflower Cole Slaw Fruit Choices Ice Cream Treat</p>	<p><b>9</b></p> <p>Chicken Patty on MG Bun or Chicken Caesar Wrap Smile Potatoes Seasoned Peas Fruit Choices</p> <p><i>Eggplant</i></p>	<p><b>10</b></p> <p>Cheese Bread w/ Meat Sauce or Chef Salad w/ MG Roll Caesar Salad Roasted Root Vegetables* Fruit Choices</p> <p>*Locally Grown</p>	<p><b>11</b></p> <p>Beef Taco or Fiesta Pizza Lettuce, Tomato, Cheese, Salsa Refried Beans Seasoned Corn Fruit Choices</p>
<p><b>14</b></p> <p>Chicken Dippers or Turkey Tortilla Wrap Brown Rice Seasoned Peas Fruit Choices Fortune Cookie</p>	<p><b>15</b></p> <p>Baked Chicken Strip w/ MG Roll or Hot Ham/Cheese / MG Bun Whipped Potatoes Steamed Green Beans Fruit Choices</p>	<p><b>16</b></p> <p>Pizza Choice or Chicken Caesar Wrap Seasoned Corn Caesar Salad Fruit Choices</p> <p><i>Beets</i></p>	<p><b>17</b></p> <p>Mini-Pancakes w/ Turkey Sausage or Sloppy Joe on MG Bun Roasted Red Skin Potatoes Fruit Choices</p>	<p><b>18</b></p> <p>Grilled cheese or Tuna Sandwich Soup Tossed Salad Fruit Choices Fresh Baked Cookie</p>
<p>*Sunbutter Sandwich Lunch includes yogurt, fruit, vegetable, milk, and other items on the menu that day.</p>				
<p>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</p>				


## Special Veggie Days in May

As part of Groveland's, "What's Growing In Your Garden" project, the school lunch program will provide samples of veggies to taste on Wednesdays. Parent volunteers will assist in offering a taste to any student willing to try something new! Eggplant, beets, and parsnips, common Minnesota crops available in the fall will be sampled starting on the second Wednesday. They will be gently roasted in garlic oil. Kale will be served raw on the last Wednesday of the month. Next year's school menus will be featuring more dark leafy greens like kale on a regular basis.



# May/ June

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>21</b> Popcorn Chicken w/ MG Roll or Sub Sandwich on MG Bun Seasoned Mini Bakers Steamed Broccoli Spears Fruit Choices	<b>22</b> Turkey & Gravy or Chef Salad Whipped Potatoes Multigrain Dinner Roll Seasoned Green Beans Spring Cookie	<b>23</b> Burger* on Multigrain Bun or Chicken Breast on MG Bun Lettuce, Tomato, Cheese Broccoli Slaw Salad Baked Beans Fruit Choices <small>*Veggie Burger Available Parsnips</small>	<b>24</b> Soft Chicken Taco or Quesadilla Lettuce, Tomato, Cheese, Salsa Seasoned Corn Fruit Choices Rice Krispy Treat	<b>25</b> Cheese Filled Bread Sticks or Deli Turkey Sandwich Fresh Tossed Salad Seasoned Carrots Fruit Choices
<b>28</b> No School!	<b>29</b>	<b>30</b>  <b>Menu to be determined.</b>  <i>Kale</i>	<b>31</b>	<b>1</b>
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b> No School! 
Renovation work for our Kitchen will begin May 29th. <u>We will be offering school lunch during this time</u> , but due to limitations related to the renovation, we will be offering a different menu than the other schools. We will be posting the menus for the last 2 weeks of school online and through Connect Ed email messages. We will be sure to include your child's favorite items that last 2 weeks of school and continue to include all the fruit and vegetable side items offered through out this school year.				
<b>*Sunbutter Sandwich Lunch includes yogurt, fruit, vegetable, milk, and other items on the menu that day.</b>				
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				

## 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!*

