



FRESH START CENTER

Friday, May 3
Pepperoni Pizza
Pears Fresh Fruit
Romaine Salad with Tomatoes
Choice of Cold Milk



Students may purchase meals by the day, week, month or year.

Menus are subject to change without notice.

Items with * are VSBA approved recipes.


Parents are reminded to please send breakfast and lunch money with students. **Accounts with negative balances need to be paid.**

Wednesday, May 1
CornDog
Fresh Fruit Mandarin Oranges
Baked Beans Potato Rounds
Choice of Cold Milk

Monday, May 6
Hotdog/Bun
Fresh Fruit Peaches
Baked Beans Sweet Potato Fries
Choice of Cold Milk

Thursday, May 2
Chicken Sandwich
Fresh Fruit Peaches
Mashed Potatoes Green Beans
Choice of Cold Milk

Tuesday, May 7
Hamburger/Bun
Mixed Fruit Fresh Fruit
Vegetable Medley French Fries
Choice of Cold Milk



IN AND OUT.

This year, we've made a lot of changes to make our meals even healthier for you -- offering more of the healthiest fruits and veggies, cutting sodium, adding even more whole grains, among other changes. But remember, the calories that go OUT are just as important as the ones you put IN: so make sure you exercise EVERY DAY!

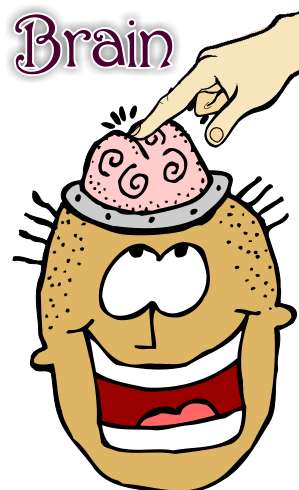
EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Wednesday, May 8
Spaghetti/Meat Sauce with Roll
Pineapple Fresh Fruit
Romaine Salad with Tomatoes
Choice of Cold Milk

Thursday, May 9
BBQ/Swirl Roll
Pears Fresh Fruit
Coleslaw Green Beans
Choice of Cold Milk



Adele (25) -- May 5
 L. Frank Baum -- May 15
 Nikki Reed (25) -- May 17
 Mary Cassatt -- May 22
 Carmelo Anthony (29) -- May 29
 John F. Kennedy -- May 29



Brain Ticklers

What do cats have that no other animal has?

(Hold the page upside down and read it in a mirror for the answer!)

grrrrr

Friday, May 10
Cheese Pizza
Fresh Fruit Applesauce
Corn Fresh Carrots
Choice of Cold Milk



BREAKFAST MENUS

Cereal/graham crackers are a daily entrée choice.
Other choices include:

Monday—Breakfast Pizza OR Yogurt/Graham Crackers
Tuesday—Pancake/Sausage Wrap OR Super Donut
Wednesday—Mini-Pancakes OR Cinnamon Bun
Thursday—Sausage Biscuit OR Frudel
Friday—Pop Tarts OR French Toast Sticks

Fruit or juice served daily.

Choice of Cold Milk daily.

Word of the Month

gen·u·ine

adj. 1. real; authentic 2. sincerely and honestly felt or experienced
<a deep and *genuine* love> 3. free from hypocrisy or pretense; sincere

Monday, May 13

Bologna/Cheese Sandwich

Fresh Fruit
Mandarin Oranges

*Chuckwagon Beans
French Fries

Choice of Cold Milk

Tuesday, May 14

Chicken Salad with Roll

Peaches
Fresh Fruit

Tossed Salad
With Baby Carrots

Choice of Cold Milk

Wednesday, May 15

Fish Sticks with Roll

Applesauce
Fresh Fruit

*Glazed Sweet Potatoes
Mixed Greens

Choice of Cold Milk

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Monday—Small Chef Salad

Tuesday—Pizza

Wednesday—Chicken Salad

Thursday—Nachos

Friday—Small Chef Salad

Thursday, May 16

Chicken Sandwich

Fresh Fruit
Pears

Mashed Potatoes
Green Beans

Choice of Cold Milk

Friday, May 17

Pepperoni Pizza

Apple Slices
Fresh Fruit

Romaine Salad
with Tomatoes

Choice of Cold Milk

Monday, May 20

Hotdog/Bun

Pineapple
Fresh Fruit

BBQ Baked Beans
Sweet Potato Fries

Choice of Cold Milk

Tuesday, May 21

Hamburger/Bun

Mixed Fruit
Fresh Fruit

Vegetable Medley
French Fries

Choice of Cold Milk

Wednesday, May 22

Spaghetti/Meat Sauce with Roll

Fresh Fruit
Pineapple

Romaine Salad
with Tomatoes

Choice of Cold Milk

Thursday, May 23

BBQ/Swirl Roll

Pears
Fresh Fruit

Coleslaw
Green Beans

Choice of Cold Milk

Friday, May 24

Cheese Pizza

Fresh Fruit
Applesauce

Corn
Fresh Carrots

Choice of Cold Milk

Monday, May 27



Tuesday, May 28

*Turkey Tacos
with Lettuce/
Tomato/Cheese
Brown Rice

Fresh Fruit
Peaches

Refried Beans
Corn

Choice of Cold Milk

Wednesday, May 29

Bologna/Cheese Sandwich

Mandarin Oranges
Fresh Fruit

*Chuckwagon Beans
Sliced Carrots

Choice of Cold Milk

Thursday, May 30

Chicken Sandwich

Fresh Fruit
Pears

Broccoli
French Fries

Choice of Cold Milk

Friday, May 31

Fish Sticks with Roll

Fresh Fruit
Pears

Candied Yams
Green Beans

Choice of Cold Milk