

Monday, May 13

Breakfast

Pop Tarts
Fruit, Juice, Milk

Lunch

Pepperoni Pizza
Garden Salad
Fresh Carrots
Fresh Apple
Milk

Tuesday, May 14

Breakfast

Ham, Egg, Cheese
Croissant 'Hash
Brown, Fruit, Juice,
Milk

Lunch

Sweet and Sour
Chicken
Vegetable Fried Rice
Steamed Broccoli
Glazed Carrots
Pears, Milk

Wednesday, May 15

Breakfast

Sausage Biscuit Hash
Brown,
Fruit, Juice, Milk

Lunch

Turkey and Cheese on
Bun w/ lettuce,
tomato, onion
Potato Wedges
Mixed Vegetables
Apple Sauce
Milk

Thursday, May 16

Breakfast

Chicken Biscuit
Hash Brown, Fruit,
Juice, Milk

Lunch

Hot Dog on Bun
Cole Slaw
Baked Beans
Orange Smiles
Milk

Friday, May 17

Breakfast

Sausage Gravy on
Biscuits
Hash Brown, Fruit, Juice,
Milk

Lunch

Corn Dog
French Fries
Corn
Mixed Fruit
Milk

Monday, May 20

Breakfast

Cereal w/Graham
Cracker or Pop Tart
Fruit, Juice, Milk

Lunch

Sliced Ham w/ Roll
Green Beans
Candied Yams
Mandarin Oranges
Milk

Tuesday, May 21

Breakfast

Zucchini Bread
Fruit
Juice
Milk

Lunch

Chicken Nuggets
Potato Wedges
Baked Beans
Diced Peaches
Milk

Wednesday, May 22

Breakfast

Chicken Biscuit,
Hash Browns, Fruit,
Juice, Milk

Lunch

Salisbury Steak
Roll
Mashed Potatoes
Green Peas
Sliced Apples
Milk

Thursday, May 23

Breakfast

Ham, Egg and Cheese
Croissant
Hash Brown, Fruit,
Juice, Milk

Lunch

Chicken Sandwich w/
lettuce and tomato
Curley Fries
Steamed Broccoli
Pineapple Cup
Milk

Friday, May 24

Breakfast

Blueberry Bread
Fruit, Juice, Milk

Lunch

Cheese Filled Bread
Sticks w/ Marinara
Sauce
Fresh Carrot Cup w/
Dip
Garden Salad
Mixed Fruit
Milk

Monday, May 27



Tuesday, May 28

Breakfast

Pop Tart
Fruit, Juice, Milk

Lunch

Chicken Tenders
Dutch Waffle
Waffle Fries
Glazed Carrots
Orange Smiles
Milk

Wednesday, May 29

Breakfast

Sausage, Egg, Cheese
Croissant
Hash Browns, Fruit,
Juice, Milk

Lunch

Hot Dog on Bun
Tater Tots
Baked Beans
Apple
Milk

Thursday, May 30

Breakfast

Breakfast Pizza
Hash Brown, Fruit, Juice,
Milk

Lunch

Hamburger on Bun w/
lettuce, tomato and
onion
Green Beans
Scalloped Potatoes
Peaches
Milk

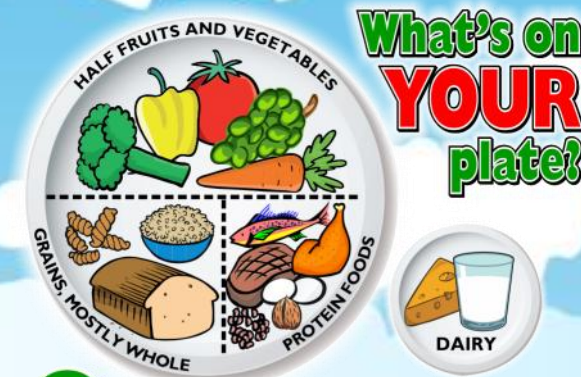
Friday, May 31

Breakfast

Waffles
Fruit, Juice
Milk

Lunch

Pizza
Corn
Romaine Salad
Carrot Cup
Apple Sauce
Milk



What's on YOUR plate?

Q: Where do we get most of the tomatoes we eat?

A: The average American eats close to 30 pounds of tomatoes a year, and all of them started off on a vine somewhere! But less than half the tomatoes we eat are fresh. We get most of our tomatoes in processed forms – out of a bottle of ketchup, in pizza sauce, or as various kinds of canned tomatoes.



Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

NUTRITION TO GO

Some studies suggest that blueberries can improve brain functioning and protect against age-related mental decline. The high amount of "antioxidants" in blueberries may actually help the brain stay younger longer! Blueberry season runs from May to September.

A QUICK BITE FOR PARENTS