



# Menus for **May 2019**

CAPRON  
ELEMENTARY SCHOOL

This institution is an equal opportunity provider. Menus are subject to change.

## CINCO de MAYO

Cinco de Mayo (Spanish for "May Fifth") is a time to celebrate Mexican-American food and culture in the U.S. It's a much bigger deal here than it is in Mexico!

### SOL TESTING

**Testing Begins May 7th**

**ALL CHILDREN TESTING IN MAY HAVE FREE BREAKFAST ON THEIR SOL DAY!!**

#### Wednesday, May 1

##### Breakfast

Blueberry Bread  
Fruit, Fruit Juice  
Milk

##### Lunch

Pork Chop on Bun  
Baked Beans  
Tater Tots  
Mixed Fruit  
Milk

#### Thursday, May 2

##### Breakfast

Breakfast Pizza  
Fruit, Fruit Juice  
Milk

##### Lunch

Chicken Strips  
Roll  
Corn  
Sweet Potato Fries  
Mixed Berry Cup  
Milk

#### Friday, May 3

##### Breakfast

Waffles  
Fruit, Fruit Juice  
Milk

##### Lunch

Chicken Salad w/  
Crackers  
Broccoli w/Ranch  
French Fries  
Fresh Strawberries  
Milk

### Available Daily

#### Fresh Chef Salads

(Turkey or Ham, Romaine Lettuce, Variety of Vegetables, and Crackers)

#### Snack Attack

(Yogurt and Cheese Stick, Cheez Its or Wow Butter and Jelly Sandwich and Cheese Stick, both served with a fresh Vegetable, and Fruit)

**All Meals Include Vegetables and Fruit of the Day and Milk**

#### Monday, May 6

##### Breakfast

Cereal or Pop Tarts  
Fruit, Fruit Juice  
Milk

##### Lunch

Fish Sandwich w/  
Lettuce and Tomato  
Coleslaw  
Tomato Pudding  
Waffle Fries  
Orange Slices  
Milk

#### Tuesday, May 7

##### Breakfast

Sausage, Egg, Cheese  
Biscuit,  
Hash brown, Juice,  
Fruit, Milk

##### Lunch

Chicken and Rice  
Bread Stick  
Romaine Garden  
Salad  
Tomato Cup  
Baked Apples  
Milk

#### Wednesday, May 8

##### Breakfast

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

##### Lunch

Ham and Cheese on Flat  
Bread w/lettuce and  
tomato, onions  
Curley Fries  
Green Beans  
Apple Sauce  
Milk

#### Thursday, May 9

##### Breakfast

Chicken Biscuit,  
Hash Brown, Fruit,  
Juice, Milk

##### Lunch

BBQ on Roll  
French Fries  
Baked Beans  
Peaches  
Milk

#### Friday, May 10

##### Breakfast

Cinnamon Roll  
Fruit, Fruit Juice Milk

##### Lunch

Pepperoni Pizza  
Romaine Salad  
Baby Carrots  
Apples  
Milk

**MOTHER'S DAY  
SUNDAY,  
MAY 12**

