

Monday, May 13

Breakfast

Mini Pancakes
Fruit, Juice, Milk

Lunch

Steak and Cheese
Sub w/ Lettuce
and Tomato
Potato Wedges
Mixed Vegetables
Apples
Milk

Tuesday, May 14

Breakfast

Scrambled Eggs w/
cheese, Sausage, or
Oatmeal both served
with Toast, Hash
Brown, Fruit, Juice,
Milk

Lunch

Soft Chicken Taco w/
The Works
Black Beans
Corn
Peaches and Milk

Wednesday, May 15

Breakfast

Chicken Biscuit,
Breakfast Pizza or
Pancake Sausage
Wrap

Lunch

Chicken and Waffles
Tater Tots
Glazed Carrots
Apple Slices
Milk

Thursday, May 16

Breakfast

Deluxe Breakfast Pizza
or Sausage, Egg
Cheese Croissant
Hash Brown, Fruit,
Juice, Milk

Lunch

Spaghetti w/Meat
Sauce
Garlic Bread
Romaine Salad
Tomatoes
Strawberries, Milk

Friday, May 17

Breakfast

Steak, Egg and Cheese
Burrito
w/ salsa and sour cream or
Toasted Cheese
Sandwich
Hash Brown, Fruit, Juice,
Milk

Lunch

Cheeseburger w/
Lettuce, Tomato and Onion
Kale
French Fries
Pears, Milk



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

Monday, May 20

Breakfast

Banana Bread
Fruit, Juice, Milk

Lunch

Popcorn Chicken
Steamed Broccoli
Glazed Carrots
Fresh Pears
Milk

Tuesday, May 21

Breakfast

Mini Pancakes
Fruit, Juice
Milk

Lunch

Fish Sticks w/ Mac
and Cheese
Sweet Potato Fries
Broccoli w/Dip
Oranges
Milk

Wednesday, May 22

Breakfast

Chicken Biscuit,
Oatmeal and Toast
or Breakfast Pizza
Hash Browns, Fruit,
Juice, Milk

Lunch

Beef-a-Roni
Garlic Sticks
Romaine Salad
Carrot Cup/w Dip
Apple, Milk

Thursday, May 23

Breakfast

Deluxe Breakfast Pizza
or Ham, Egg and
Cheese Biscuit
Hash Brown, Fruit,
Juice, Milk

Lunch

Chicken Tenders
Roll
Mashed Potatoes
Baked Beans
Mixed Berry Cup
Milk

Friday, May 24

Breakfast

Cereal w/Graham
Crackers
Fruit, Juice, Milk

Lunch

Pizza
Green Beans
French Fries
Fresh Grapes
Milk

Monday, May 27



Tuesday, May 28

Breakfast

French Toast
Sticks
Fruit, Juice, Milk

Lunch

Cheeseburger w/
Lettuce, Tomato,
Onion
French Fries
Carrot Cup w/Dip
Oranges, Milk

Wednesday, May 29

Breakfast

Sausage, Egg, Cheese
Croissant, Oatmeal w/
Toast or Cheese Toast
Hash Browns, Fruit,
Juice, Milk

Lunch

Chicken Nuggets
Roll
Tater Tots
Green Beans
Pear, Milk

Thursday, May 30

Breakfast

Deluxe Breakfast
Pizza, or Pancake
Sausage Wrap
Hash Brown, Fruit,
Juice, Milk

Lunch

Corn Dog
Potato Wedges
Baked Beans
Apples
Milk

Friday, May 31

Breakfast

Apple Frudel
Fruit, Juice
Milk

Lunch

Stuff Crust Pizza
Broccoli and
Cheese
Sweet Potato Fries
Apple Slices
Milk

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