

Monday, May 13

Breakfast

Pop Tarts
Fruit, Juice, Milk

Lunch

Chicken Nuggets
Roll
Corn
Sweet Potato Fries
Apples
Milk

Tuesday, May 14

Breakfast

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

Lunch

Cheeseburger w/ lettuce,
tomato, onion
Curley Fries
Glazed Carrots
Applesauce
Milk

Wednesday, May 15

Breakfast

Chicken Biscuit, Breakfast
Pizza or Pancake
Sausage Wrap
Fruit, Juice, Milk

Lunch

Turkey and Cheese on
Bun w/ lettuce and
tomato
Baked Beans
Tater Tots
Orange
Milk

Thursday, May 16

Breakfast

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

Lunch

Chicken Salad w/
crackers
Celery Cup
French Fries
Fresh Pears
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

Cheese Pizza
Corn
Romaine Salad
Grapes
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

Blueberry Bread
Fruit, Juice, Milk

Lunch

Chicken Tenders
Dutch Waffles
Tater Tots
Kale
Fresh Oranges
Milk

Tuesday, May 21

Breakfast

Pancake Sausage
Wrap
Fruit, Juice
Milk

Lunch

Steak and Cheese on
Flatbread w/Lettuce,
Tomato, Onion
Potato Wedges
Mixed Vegetables
Strawberry Cup
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
Green Beans
Orange, Milk

Thursday, May 23

Breakfast

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

Lunch

Hot Dog w/chopped
onion and relish
Baked Beans
French Fries
Pineapple
Milk

Friday, May 24

Breakfast

Waffles
Fruit, Juice, Milk

Lunch

Pizza
Fresh Carrot Cup
Romaine Salad
Mixed Fruit
Milk

Monday, May 27



Tuesday, May 28

Breakfast

Pop Tart
Fruit, Juice, Milk

Lunch

Turkey and Gravy
Roll
Mashed Potatoes
Kale
Mixed Berry Cup
Milk

Wednesday, May 29

Breakfast

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

Lunch

Chicken Fajita w/Salsa
Vegetable Fried Rice
Steamed Broccoli
Black Beans
Apple
Milk

Thursday, May 30

Breakfast

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

Lunch

Spaghetti w/Meat
Sauce
Garlic Bread
Romaine Salad
Carrot Cup w/Dip
Apple Sauce
Milk

Friday, May 31

Breakfast

Waffles
Fruit, Juice
Milk
Lunch
Sloppy Joe
Sweet Potato Fries
Green Beans
Fresh Pear
Milk

