#### 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

#### <u>Lunch</u>

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**

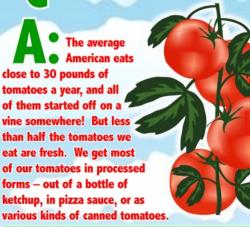
Steak, Egg and Cheese Burrito w/ salsa and sour cream or Toasted Cheese Sandwich Hash Brown, Fruit, Juice, Milk

#### **Lunch**

Cheese Pizza Corn Romaine Salad Grapes Milk



# Where do we get mostof the tomatoes we eat?



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

#### <u>Lunch</u>

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

# <u>Lunch</u>

Pizza Fresh Carrot Cup Romaine Salad Mixed Fruit Milk

# Monday, May 27



# Tuesday, May 28

#### **Breakfast**

Pop Tart Fruit, Juice, Milk

### <u>Lunch</u>

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

#### <u>Lunch</u>

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

# Friday, May 31

# **Breakfast**

Waffles Fruit, Juice Milk

#### <u>Lunch</u>

Sloppy Joe Sweet Potato Fries Green Beans Fresh Pear Milk

# NUTRITION 7050

Some studies suggest that blueberries can improve brain functioning and protect against agerelated 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