

Monday, May 13

Breakfast

Mini Pancakes
Fruit, Juice, Milk

Lunch

Dutch Waffle
Chicken Tenders
Potato Wedges
Glazed Carrots
Mandarin Oranges
Mixed Fruit
Milk

Tuesday, May 14

Breakfast

Sausage, Egg, Cheese
Croissant
Fruit, Juice, Milk

Lunch

Ham and Cheese on
Flat Bread w/ Lettuce,
Tomato, Onion
Carrot Cup w/Dip
French Fries
Applesauce
Fresh Oranges
Milk

Wednesday, May 15

Breakfast

Chicken Biscuit,
Fruit, Juice, Milk

Lunch

Pork Chop on Bun
w/Lettuce and
Tomato
French Fries
Baked Beans
Fresh Strawberries
Apples
Milk

Thursday, May 16

Breakfast

Breakfast Pizza
Fruit, Juice, Milk

Lunch

Sliced Turkey w/
Gravy
Roll
Mashed Potatoes
Green Beans
Pineapple
Fresh Pears
Milk

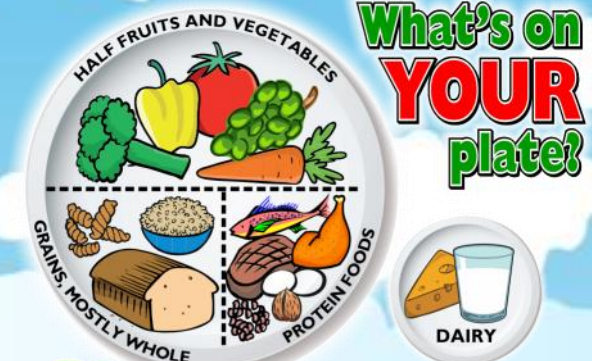
Friday, May 17

Breakfast

Strawberry or
Cinnamon Cream
Cheese Bagel
Fruit, Juice, Milk

Lunch

Corn Dog
Coleslaw
Romaine Salad w/
Tomato
Peaches
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

Waffles
Fruit, Juice, Milk

Lunch

Fish Sticks w/Tarter
Sauce, Lettuce,
Tomato
Mac-n-Cheese
Sautéed Cabbage
Stewed Tomatoes
Apples
Pineapple
Milk

Tuesday, May 21

Breakfast

Mini Pancakes
Fruit, Juice
Milk

Lunch

Italian Sub w/Lettuce,
Tomato, Onion
French Fries
Mixed Vegetables
Orange
Banana
Milk

Wednesday, May 22

Breakfast

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

Lunch

Cheeseburger w/Lettuce,
Tomato, Onion
Mashed Potatoes
Fresh Carrots w/Dip
Grapes
Applesauce
Milk

Thursday, May 23

Breakfast

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

Lunch

Hot Dog
Baked Beans
Coleslaw
Mixed Fruit
Fresh Pear
Milk

Friday, May 24

Breakfast

Sausage, Egg, Cheese
Croissant, Oatmeal, or
Pancake Wrap
Hash Brown, Fruit,
Juice, Milk

Lunch

Pizza
Romaine Salad
Tomato Cup
Mandarin Oranges
Apple Slices
Milk

Monday, May 27



Tuesday, May 28

Breakfast

French Toast Sticks
Fruit, Juice, Milk

Lunch

Chicken Sandwich
w/Lettuce, Tomato
Green Beans
Mashed Potatoes
Pineapple
Fresh Apple
Milk

Wednesday, May 29

Breakfast

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

Lunch

Meatball Sub
Waffle Fries
Romaine Salad
Tomato Cup
Applesauce
Banana
Milk

Thursday, May 30

Breakfast

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

Lunch

Chicken Fajita w/cheese,
Lettuce, Salsa, Sour Cream
Rice
Fresh Carrots w/Dip
Broccoli w/ Cheese
Orange
Applesauce, Milk

Friday, May 31

Breakfast

Apple or Cherry
Frudel
Fruit, Juice
Milk

Lunch

BBQ on Roll
Baked Beans
Coleslaw
Fresh Pear
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