

Monday, May 13

**Breakfast**

Mini Pancakes  
Fruit, Juice, Milk

**Lunch**

Kielbasa on Bun w/  
Diced Onion and  
Relish  
French Fries  
BBQ Baked Beans  
Oranges  
Milk

Tuesday, May 14

**Breakfast**

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

**Lunch**

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

Wednesday, May 15

**Breakfast**

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

**Lunch**

Spaghetti w/Meatballs  
Texas Toast  
Spinach Salad w/  
Cucumbers  
Tomato Cup  
Mixed Berry Cup  
Milk

Thursday, May 16

**Breakfast**

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

**Lunch**

Turkey Pot Pie  
Baked Potato w/Sour  
Cream, Cheese  
Spring Mix Salad  
Mixed Fruit  
Milk

Friday, May 17

**Breakfast**

Strawberry or Cinnamon  
Cream Cheese Bagel  
Fruit, Juice, Milk

**Lunch**

Cheese or Pepperoni  
Pizza  
Sweet Potato Fries  
Sweet Peas  
Fresh Pear  
Milk

Monday, May 20

**Breakfast**

Waffles  
Fruit, Juice, Milk

**Lunch**

Popcorn Chicken/  
Honey Mustard or  
BBQ Sauce  
Roll  
Mashed Potatoes  
Corn  
Fresh Pears  
Milk

Tuesday, May 21

**Breakfast**

Mini Pancakes  
Fruit, Juice  
Milk

**Lunch**

Meatball Sub  
Romaine Salad  
Tomato Cup  
Grapes  
Milk

Wednesday, May 22

**Breakfast**

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

**Lunch**

Beef-a-Roni  
Garlic Sticks  
Green Beans  
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**

Japanese Cherry  
Blossom Chicken  
Vegetable Fried Rice  
Sautéed Cabbage  
Steamed Broccoli  
Orange Smiles  
Milk

Friday, May 24

**Breakfast**

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

**Lunch**

Hotdog w/Bun,  
Chopped Onion and  
Relish  
Baked Beans  
Curley Fries  
Sliced Apples  
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 (Hot or  
Regular) Sandwich w/  
lettuce, Tomato  
Potato Wedges  
Green Beans  
Fresh Pear, Milk

Thursday, May 30

**Breakfast**

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

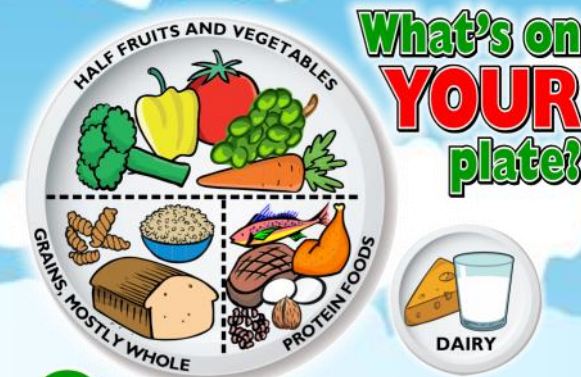
**Lunch**

Corn Dog  
Spinach Salad w/  
Tomato and  
Cucumber  
Baked Beans  
Apples, Milk

Friday, May 31

**Breakfast**

Apple Frudel  
Fruit, Juice  
Milk  
**Lunch**  
Cheese or  
Pepperoni Pizza  
Broccoli and  
Cheese  
Sweet Potato Fries  
Apple Slices



**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](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

**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**