Menus for May 2018

District, school name, or other information here or delete

This institution is an equal opportunity provider. Menus are subject to change.

Tuesday, May 1

Breakfast
Type your breakfast choices here, or delete this section

Lunch
Entree One
or Entree Two
Sides and Extras

Wednesday, May 2

Breakfast
Type your breakfast choices here, or delete this section

Lunch
Entree One
or Entree Two
Sides and Extras

CHECK. UP.

Here's a heads-UP to UP your chances for waking UP healthy every day: get an annual CHECK UP. Whether you're young or old or somewhere in between, a yearly doctor visit can find and fix problems before they crop UP!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Thursday, May 3

Breakfast
Type your breakfast choices here, or delete this section

Lunch
Entree One
or Entree Two
Sides and Extras

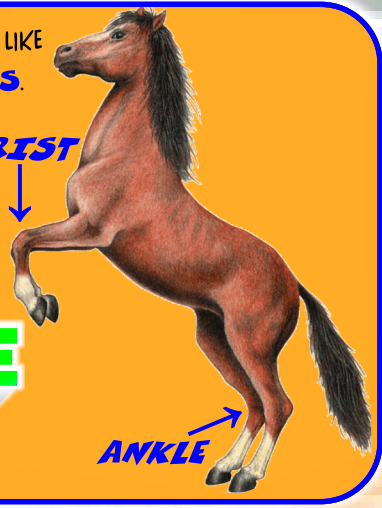
Friday, May 4

Breakfast
Type your breakfast choices here, or delete this section

Lunch
Entree One
or Entree Two
Sides and Extras

STRANGE BUT TRUE!

HORSES RUN ON BIG **HOOVES**, WHICH ARE LIKE OUR **FINGERNAILS** AND **TOENAILS**. THEIR "HANDS" AND "FEET" ARE MUCH LONGER THAN OURS -- A HORSE'S "WRIST" IS ACTUALLY **HALFWAY UP ITS FRONT LEG**, AND ITS "ANKLE" IS **HALFWAY UP ITS BACK LEG!**



Monday, May 7

Breakfast
Type your breakfast choices here, or delete this section

Lunch
Entree One
or Entree Two
Sides and Extras

Tuesday, May 8

Breakfast
Type your breakfast choices here, or delete this section

Lunch
Entree One
or Entree Two
Sides and Extras

Happy Mother's Day
Sunday, May 13

Wednesday, May 9

Breakfast
Type your breakfast choices here, or delete this section

Lunch
Entree One
or Entree Two
Sides and Extras

Thursday, May 10

Breakfast
Type your breakfast choices here, or delete this section

Lunch
Entree One
or Entree Two
Sides and Extras

Friday, May 11

Breakfast
Type your breakfast choices here, or delete this section

Lunch
Entree One
or Entree Two
Sides and Extras

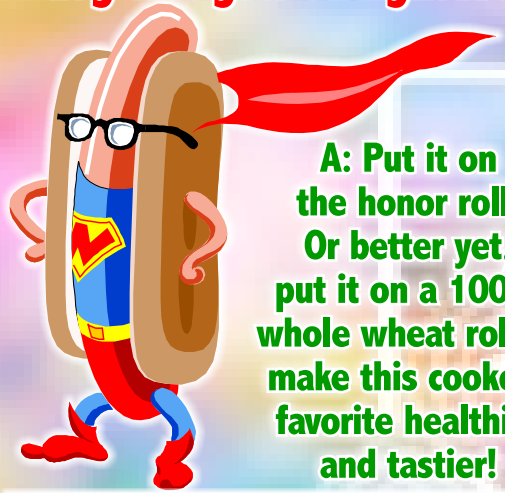
NUTRITION TO GO

Broccoli is an excellent source of vitamin C and beta carotene, both of which can help fight cancer. Frozen broccoli actually has more beta carotene (but less vitamin C) than fresh. Steaming fresh broccoli is the best way to retain nutrients and avoid the "too strong" flavor that results from overcooking.

A QUICK BITE FOR PARENTS

What's on YOUR plate?

Q: What do you do with a hot dog that gets straight A's?



A: Put it on the honor roll! Or better yet, put it on a 100% whole wheat roll to make this cookout favorite healthier and tastier!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, May 14

Breakfast
Type your breakfast choices here, or delete this section

Lunch
Entree One
or Entree Two
Sides and Extras

Tuesday, May 15

Breakfast
Type your breakfast choices here, or delete this section

Lunch
Entree One
or Entree Two
Sides and Extras

Wednesday, May 16

Breakfast
Type your breakfast choices here, or delete this section

Lunch
Entree One
or Entree Two
Sides and Extras

1 AND ONLY!

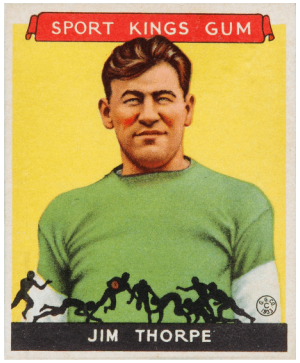
The common goldfish is the only animal that can see both ultraviolet and infrared light. So when you use your TV remote, your fish sees the beam!

Thursday, May 17

Breakfast
Type your breakfast choices here, or delete this section

Lunch
Entree One
or Entree Two
Sides and Extras

★ Our Nation's History ★



Jim Thorpe, one of the most famous and accomplished of all American athletes, was born on May 28, 1888. Thorpe won both the pentathlon and decathlon at the 1912 Olympics, becoming the first Native American to take gold for the United States. He played six seasons of major league baseball, 12 seasons of professional football, and toured the U.S. as a professional basketball player. His native name *Wa-Tho-Huk* translates as "path lit by great flash of lightning."

★ With Liberty & Justice for All ★

Friday, May 18

Breakfast
Type your breakfast choices here, or delete this section

Lunch
Entree One
or Entree Two
Sides and Extras

Monday, May 21

Breakfast
Type your breakfast choices here, or delete this section

Lunch
Entree One
or Entree Two
Sides and Extras

Tuesday, May 22

Breakfast
Type your breakfast choices here, or delete this section

Lunch
Entree One
or Entree Two
Sides and Extras

Wednesday, May 23

Breakfast
Type your breakfast choices here, or delete this section

Lunch
Entree One
or Entree Two
Sides and Extras

Thursday, May 24

Breakfast
Type your breakfast choices here, or delete this section

Lunch
Entree One
or Entree Two
Sides and Extras

Friday, May 25

Breakfast
Type your breakfast choices here, or delete this section

Lunch
Entree One
or Entree Two
Sides and Extras

THANKS!

WE'RE GLAD WE HAD THE CHANCE TO SERVE YOU THIS SCHOOL YEAR AND LOOK FORWARD TO SEEING YOU AGAIN NEXT YEAR. IF YOU'RE GRADUATING, CONGRATULATIONS AND GOOD LUCK -- WE'LL MISS YOU!