

Menu for

MAY

2021

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

Back to normal?

Not just yet. But eventually we will be, and we look forward to the day when we can serve our students again in the best possible environment. We have faith that that day isn't too far off. Until it gets here, we urge you to take advantage of free meals for all students through age 18, available at least until September 30, 2021!

School Meals

We serve education every day™



Your name is so big on this page because your influence is so big in our lives and your place is so big in our hearts.
Mother's Day * Sunday, May 9

this month:

sushi



There are some foods that most kids don't like, but many adults do. Why? It's a mystery! Take sushi - if you dare. Kids will sometimes eat California rolls or other types of sushi that don't contain raw fish. But that's the thing about real sushi: it contains raw fish! That's something that takes some getting used to.

But maybe some day you'll see that in its pure form - some simple combination of raw fish, rice, and vegetable - sushi is nutritious, delicious - and even artistic!



Monday, May 3

Breakfast

WG Granola, Yogurt, Sliced Peaches, Choice of Milk

Lunch

Pepperoni Pizza
Tossed Salad
Ranch Dressing
Green Beans
Strawberry Cup
Choice of Milk

Tuesday, May 4

Breakfast

Blue Mush, WG Toast, Asst. Juice, Cinnamon Apples, Choice of Milk

Lunch

Chili Mac
Steam Carrots
Ranch Style Beans
Garlic Toast
Fresh Apple
Choice of Milk

Wednesday, May 5

Breakfast

Cinnamon French Toast, Syrup, Diced Pears, Choice of Milk

Lunch

Baked Chicken
Mashed Potato
Poultry Gravy
WG Sliced Bread
Steamed Corn
Blush Applesauce
Choice of Milk

Thursday, May 6

Breakfast

Sausage Gravy, WG Toast, Strawberries & Banana, Choice of Milk

Lunch

Green Chili Posole
WG Flatbread
Baby Carrots
Fresh Banana
Choice of Milk (Multi Meal)

Friday, May 7

No School!!

Monday, May 10

No School !!

Tuesday, May 11

Breakfast

Fried Egg, Hash Browns, WG Toast, Jelly, Sliced Peaches, Choice of Milk

Lunch

Cheeseburger
Gr. Leaf/Tomato
French Fries
Fresh Fruit
Choice of Milk (Multi Meals)

Wednesday, May 12

Breakfast

Brown Rice w/Raisins, English Muffin, Jelly, Fruit Mix, Choice of Milk

Lunch

Grilled Chicken Patty on WG Bun
Gr. Leaf/Tomato Slice
French Fries
Cherry Pears
Choice of Milk

Thursday, May 13

Breakfast

Breakfast Burrito, Salsa, Juice, Sliced Apples, PB, Choice of Milk

Lunch

Beef Chili Beans
WG Cornbread
Tossed Salad
Ranch Dressing
Sliced Peaches
Choice of Milk

Friday, May 14

Breakfast

Breakfast Pizza, Diced Pears, Choice of Milk

Lunch

Beef Soft Taco
Shred lettuce/Tomato
Spanish Rice
Mexicali Corn
Fresh Fruit
Choice of Milk

STRANGE

BUT TRUE!

THE HAWAIIAN ISLANDS ARE ACTUALLY THE EXPOSED TOPS OF THE **WORLD'S HIGHEST MOUNTAINS**. THE TALLEST, MAUNA KEA, MEASURES NEARLY 14,000 FEET ABOVE SEA LEVEL, BUT FROM ITS BASE TO ITS PEAK IT TOWERS 33,000 FEET -- **4,000 FEET HIGHER THAN MT. EVEREST!**

MAUNA KEA

SEA LEVEL

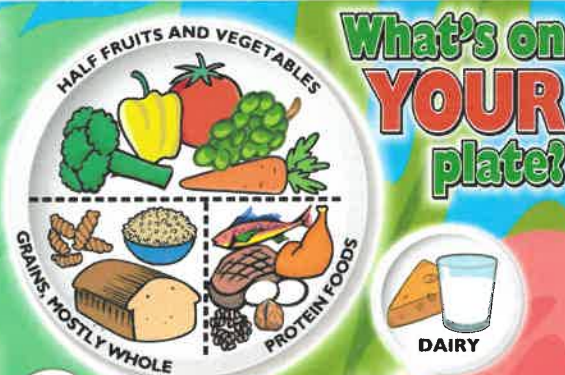
KAUAI

OAHU

MOLOKAI

MAUI

HAWAII



Monday, May 17
Breakfast
 WG Pancakes, Syrup, Cinnamon Apple Slices, Choice of Milk
Lunch
 Chicken Bowl
 WG Biscuit
 Fresh Fruit
 Choice of Milk
 (Multi Meals)

Tuesday, May 18
Breakfast
 WG Bagel, Cream cheese, Strawberry Yogurt, Fruit Mix, Choice of Milk
Lunch
 Beef Stew
 WG Fry Bread
 Tossed Salad
 Ranch Dressing
 Cherry Pears
 Choice of Milk

Wednesday, May 19
Breakfast
 Sausage Gravy, WG Toast, Asst. Juice, Apple Slices, PB, Choice of Milk
Lunch
 Macaroni & Cheese
 Steamed Carrots
 Green Beans
 Dinner Roll
 Fresh Apple
 Choice of Milk

Thursday, May 20
Breakfast
 Cinnamon French Toast, Syrup, Sliced Peaches, Choice of Milk
Lunch
 Grill Chicken Sandwich
 Gr. Leaf/Tomato
 Cole Slaw
 Mixed Vegetable
 Strawberries/Peaches
 Choice of Milk

Friday, May 21
No School !!

Monday, May 24
Breakfast
 Cold Cereal, WG Toast, Sliced Peaches, Choice of Milk
Lunch
 Hot Dog on a Bun
 Ranch Style Beans
 Baby Carrots
 Spice Cake
 Choice of Milk

Tuesday, May 25
Breakfast
 PB & J Sandwich, Fresh Banana, Asst. Juice, Choice of Milk
Lunch
 BBQ Pork Sandwich
 French Fries
 Green Beans
 Fresh Fruit
 Choice of Milk

Wednesday, May 26
Breakfast
 Blue Corn Mush, Breakfast Bar, Slice Peaches, Choice of Milk
Lunch
 Frito Pie
 Fresh Orange
 Choice of Milk
 (Last day for Route Delivery)

Thursday, May 27
Breakfast
 Breakfast Burrito, Salsa, Applesauce, Choice of Milk
Lunch
 Corndog
 French Fries
 Carrot/Celery Sticks
 Assorted Fruit
 Choice of Milk
 Serving @
 Main Campus Only

Friday, May 28
8th Grade Promotion & High School Graduation



Q: In ancient Egypt, which vegetable did people place their hand on when they swore an oath?



A: This is one from the time of the pyramids! Ancient Egyptians swore on an onion, because they believed the onion's round shape represented eternity and truth.

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

"Two roads diverged in a wood, and I - I took the one less traveled by, And that has made all the difference."
 - Robert Frost



Get outside. Keep your eyes open. And enjoy!

We look forward to serving you again next year!