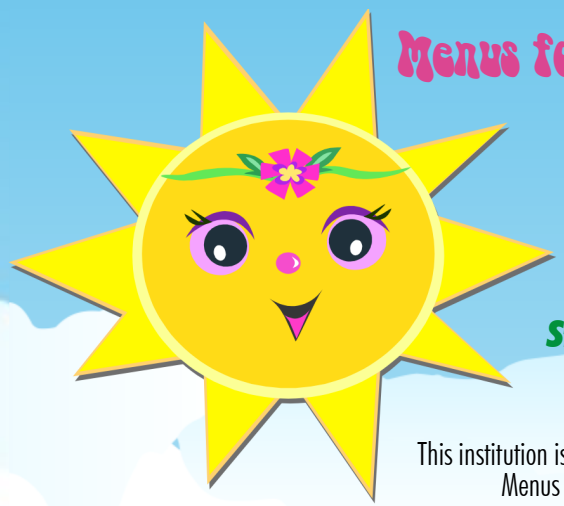
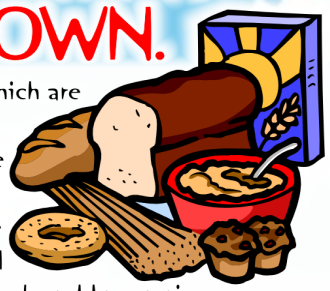


Menus for May 2023

St. Mary Cathedral School

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

GET DOWN WITH THE BROWN.



Whole grain foods (which are usually brown) are better for you than the white stuff. So when you can, try to choose whole wheat pasta and bread, whole grain cereal, and brown rice.

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

Available Daily

1% White
Fat Free Chocolate

Monday, May 1	Tuesday, May 2	Wednesday, May 3	Thursday, May 4	Friday, May 5
Breakfast W/G Cereal, 100% Apple Juice, Colby Cheese Stick, Applesauce	**Breakfast** W/G French Toast, Syrup, Turkey Sausage Patty, Mixed Fruit	**Breakfast** Cheese Omelet, Butter Milk Biscuit, Jelly, Pears	**Breakfast** Breakfast SSG cheese Bacon Pizza, Peaches	**Breakfast** W/G Donut Cake Holes, Hard Boiled Egg, Mandarin Oranges
Lunch Chicken Dino Nuggets, Sweet Potatoes Nugget, Peas, Ketchup, Mixed Fruit	**Lunch** Sautéed Pork, Yellow Rice, Black Beans, W/G Roll, Peaches	**Lunch** Beef Picadillo, Brown Rice, Garbanzo Beans, W/G Roll, Applesauce	**Lunch** Turkey ham, Sliced American Cheese, W/G Bun, Cole Slaw, Mandarin Oranges	**Lunch** Cheese Pizza, Mixed Vegetables, Pears

Monday, May 8	Tuesday, May 9	Wednesday, May 10	Thursday, May 11	Friday, May 12
Breakfast W/G Cereal, 100% Orange Juice, Mozzarella Cheese Stick, Peaches	**Breakfast** W/G Egg Cheese Sandwich Wrap, Pears	**Breakfast** Chicken Cheese Tortilla, Mandarin Oranges	**Breakfast** W/G Waffles, Turkey Sausage Link, Syrup, Mixed Fruit	**Breakfast** Cinnamon Pop Tart, Yogurt, Applesauce
Lunch Popcorn Chicken, Yellow Rice, Lima Beans, Applesauce	**Lunch** Beef-A-Roni, w/G Garlic Breadstick, Spinach, Mandarin Oranges	**Lunch** Hot Dog, W/G Bun, Vegetarian Baked Beans, Mixed Fruit	**Lunch** BBQ Chicken, W/G Bun, Peas & Carrots, Pears	**Lunch** Cheese Pizza, Succotash, Mixed Fruit

Cinco de Mayo

Cinco de Mayo (Spanish for "May Fifth") is a time to celebrate Mexican-American food and culture in the U.S. It's a much bigger deal here than it is in Mexico!

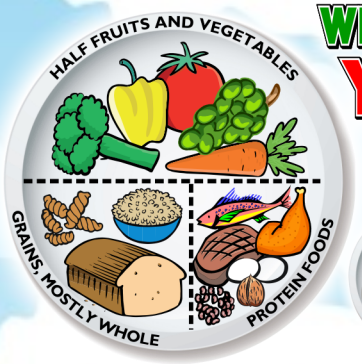
1 AND ONLY!

Only one U.S. state (pictured here) has a name that's a single syllable. Can you name it?

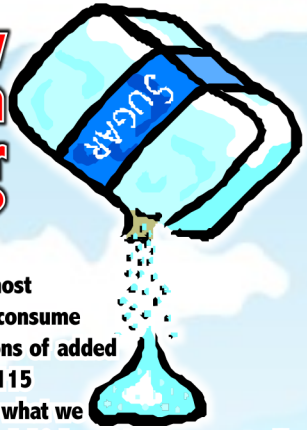
Hold the page upside down and read it in a mirror for the answer!

Maine

What's on YOUR plate?



Q: How much sugar do you eat?



A: If you eat like most Americans, you consume over 20 teaspoons of added sugar every single day, or 115 pounds a year. That's just what we get from processed food and drinks, without ever actually dipping a spoon in the sugar bowl. Current guidelines recommend no more than 6-9 teaspoons of added sugar a day. Want the same sweetness without the side effects? Get your sugar the natural way – from fresh fruit.

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

Monday, May 15	Tuesday, May 16	Wednesday, May 17	Thursday, May 18	Friday, May 19
Breakfast W/G Cereal, 100% Grape Juice, Cheddar Cheese Stick, Mixed Fruit **Lunch** Cheese Burger, W/G Bun, Tomatoes, Shredded Lettuce, Oven French Fries, Pears	**Breakfast** Breakfast Cheese SSG Pizza, Peaches **Lunch** W/G Spaghetti, Meat Sauce, Broccoli, W/G Breadstick, Mixed Fruit	**Breakfast** W/G Pancakes, Turkey Sausage Patty, Syrup, Pineapple Tidbits **Lunch** Chopped Steak, Gravy, W/G Roll, Mashed Potatoes, Green Beans, Mandarin Oranges	**Breakfast** Blueberry Muffin, Mozzarella Cheese Stick, Mandarin Oranges **Lunch** Corn Dog, Vegetarian Baked Beans, Applesauce	**Breakfast** Cinnamon Raisin Bagel, Cream Cheese, Jelly, Pears **Lunch** Cheese Pizza, Mixed Vegetables, Peaches

Monday, May 22	Tuesday, May 23	Wednesday, May 24	Thursday, May 25	Friday, May 26
Breakfast W/G Cereal, 100% Orange Pineapple Juice, Yogurt, Mandarin Oranges **Lunch** Chicken Teriyaki, W/G Roll, Yellow Rice, Green Beans, Mandarin Oranges	**Breakfast** Pig-n-Blanket, Syrup, Applesauce **Lunch** Turkey Taco, W/G Tortillas, Shredded Lettuce, Cheddar Cheese, Diced Tomatoes, Taco Sauce, Applesauce	**Breakfast** Egg Cheese SSG Bagel, Mixed Fruit **Lunch** Chicken Alfredo, W/G Penne Pasta, Mixed Vegetables, W/G Garlic Breadsticks, Pears	**Breakfast** W/G English Muffin, Jelly, Hard Boiled Egg, Pears **Lunch** Beef Chili, Brown Rice, Corn, W/G Roll, Peaches	**Breakfast** Cinnamon Pop Tart, hard Boiled Egg, Peaches **Lunch** Chicken Patty, W/G Bun, Ketchup, Peas & Carrots, Pineapple Tidbits

Monday, May 29	Tuesday, May 30	Wednesday, May 31
	**Breakfast** W/G Cereal, 100% Apple Juice, Mozzarella Cheese Stick, Pineapple Tidbits **Lunch** Chicken Taco, W/G Tortillas, Shredded Cheddar Cheese, Diced Tomatoes, Shredded Lettuce, Taco Sauce, Pears	**Breakfast** W/G Waffles, Turkey Sausage Patty, Syrup, Peaches **Lunch** Fish Star Nuggets, Tator Tot Nuggets, Tatar Sauce, Cole Slaw, Pineapple Tidbits

Nerd

The word "nerd" appeared for the first time ever in the 1950 book "If I Ran the Zoo," by Dr. Seuss, along with this picture!

word play