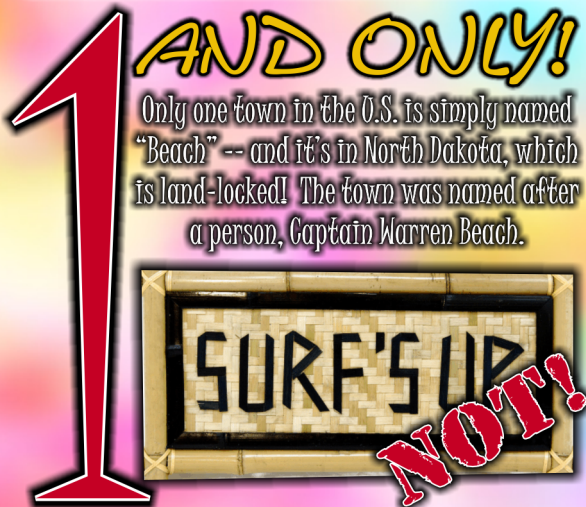


COOK FRESH.

A lot of processed foods – cereal, ketchup, cheese, and soda, to name just a few common items -- are often loaded with sodium (whether you can taste it or not) and most restaurant meals are very high in salt, too. In fact, the best way to be sure that your family is not eating too much sodium is to cook fresh foods at home and keep your hands off the shaker.



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



Monday, May 2 Breakfast W/G Cereal, 100%Grape Juice, Mozzarella Cheese Stick, Peaches Lunch Hot Dog, W/G Bun, Vegetarian Baked Beans, Applesauce	Tuesday, May 3 Breakfast W/G Pancakes, Turkey Sausage Patty, Syrup, Pineapple Tidbits Lunch Chicken Alfaro, Penne Pasta, W/G Roll, Green Beans, Mandarin Oranges	Wednesday, May 4 Breakfast Cheese Egg Sandwich Wrap, Pears Lunch Beef Chili, Brown Rice, Mixed Vegetables, W/G Roll, Peaches	Thursday, May 5 Breakfast Breakfast Pizza. Mandarin Oranges Lunch Chicken Teriyaki, Yellow Rice, Black Beans, W/G Roll, Mixed Fruit	Friday, May 6 Breakfast Blueberry Muffin, Yogurt, Applesauce Lunch Cheese Pizza, Peas & Carrots, Pineapple Tidbits
Monday, May 9 Breakfast W/G Cereal, 100% Apple Juice, Colby Cheese Stick, Mixed Fruit Lunch Chopped Steak, Mashed Potatoes, Gravy, Green Beans, W/G Roll, Mandarin Oranges	Tuesday, May 10 Breakfast W/G English Muffin, Turkey Sausage Patty, Jelly, Pears Lunch Chicken Tenders, Tator Tots Nuggets, Succotash, Mixed Fruit	Wednesday, May 11 Breakfast W/G French Toast, Syrup, Turkey Sausage Link, Applesauce Lunch W/G Spaghetti, Meat Sauce, Broccoli, W/G Roll, Pears	Thursday, May 12 Breakfast W/G Cinnamon Pop tart, Mozzarella Cheese Stick, Peaches Lunch Fish Star Nuggets, Sweet Potatoes Nuggets, Peas & Carrots, Pineapple Tidbit	Friday, May 13 Breakfast Donut Cake Stick, Hard Boiled Egg, Pineapple Tidbits Lunch Chicken Patty, W/G Bun, Mixed Fruit, Applesauce

Word of the Month

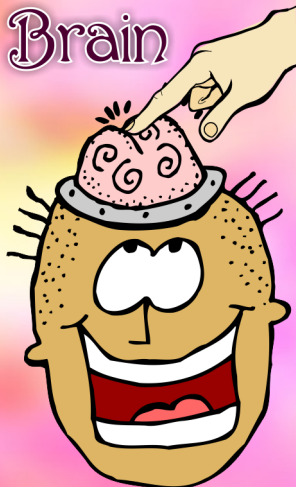
cit·i·zen·ship

n. 1. the state of being vested with the rights, privileges, and duties of a citizen. 2. the character of an individual viewed as a member of society; behavior in terms of the duties, obligations, and functions of a citizen.



Every complete meal
we serve comes with
your choice of lowfat
or nonfat milk!

Brain Ticklers



What is the
largest living
ant in the
world?

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

U.S. History

Monday, May 16

Breakfast

W/G Cereal, 100% Orange
Juice, Cheddar Cheese Stick,
Mandarin Oranges

Lunch

Sloppy Joe, W/G Bun,
Green Peas,
Peaches

Tuesday, May 17

Breakfast

Pig-N-Blanket, Syrup,
Mixed Fruit

Lunch

Turkey Taco, W/G Tortilla,
Shredded Cheddar Cheese,
Diced Tomatoes, Shredded
Lettuce, Taco Sauce,
Applesauce

Wednesday, May 18

Breakfast

Cheese Omelet, W/G Grain
Buttermilk Biscuit, Jelly,
Peaches

Lunch

Corn Dog,
Vegetarian Baked Beans,
Mandarin Oranges

Thursday, May 19

Breakfast

W/G English Muffin, Egg
Scramble, Jelly, Peaches

Lunch

Cheese Burger, Shredded
Lettuce, Sliced Tomatoes,
W/G Bun,
Oven French Fries,
Pears

Friday, May 20

Breakfast

Cinnamon Raisin Bagel,
Cream Cheese, Jelly,
Pears

Lunch

Cheese Pizza,
Carrots,
Mixed Fruit

Monday, May 23

Breakfast

W/G Cereal, 100% Orange
Juice Pineapple Juice, Colby
Cheese Stick, Applesauce

Lunch

Chicken Nuggets,
Tator Tots Nuggets,
Corn,
Pineapple Tidbits

Tuesday, May 24

Breakfast

Egg SSG Bacon Breakfast
Pizza.
Mandarin Oranges

Lunch

Turkey Ham,
American Cheese,
W/G Bun, Cole Slaw,
Mixed Fruit

Wednesday, May 25

Breakfast

W/G Waffles, Turkey Sausage
Patty, Syrup,
Mixed Fruit

Lunch

Beef Piccadillo,
Brown Rice,
Garbanzo Beans, W/G Roll,
Applesauce

Thursday, May 26

Breakfast

W/G Egg Cheese Sandwich
Wrap, Pineapple Tidbits

Lunch

Tuna Salad, W/G Bun,
Carrot Salad,
Mandarin Oranges

Friday, May 27

No School

Monday, May 30



Tuesday, May 31

Breakfast

W/G Cereal, 100% Grape
Juice, Mozzarella Cheese
Stick, Peaches

Lunch

BBQ Chicken,
W/G Bun,
Green Beans,
Pears

★ OUR NATION'S HISTORY ★



In May of 1869, a group of railroad workers moving west met another moving east at Promontory Point, Utah, where a golden spike was driven to complete the construction of the first railroad to span the United States of America from sea to shining sea.

★ WITH LIBERTY & JUSTICE FOR ALL ★