



USDA is an equal opportunity employer and provider.
All breakfasts are served with milk and fruit/juice choices.



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday

Elf Grahams/String Cheese **1**
 Fruit
 Juice
 Milk

Cereal 4k-4 **2**
 Cereal/Toast
 Fruit
 Milk

Muffins **3**
 Fruit
 Juice
 Milk

Toasted Cheese Sandwich **4**
 Fruit
 Juice
 Milk

Cereal Eggs/Toast **5**
 Fruit
 Juice
 Milk

Fruit Crunch bar **8**
 Fruit
 Juice
 Milk

Cereal 4k-4 **9**
 Cereal/Toast
 Fruit
 Milk

Granola bar/Yogurt 4k-4 **10**
 Build your own yogurt parfait
 Fruit
 Juice
 Milk

Cereal 4k-4 **11**
 Cereal/Toast
 Fruit
 Milk

Pancake on a Stick **12**
 Fruit
 Juice
 Milk

Goldfish Grahams/String Cheese **15**
 Fruit
 Juice
 Milk

Muffin **16**
 Fruit
 Juice
 Milk

Cereal 4k-4 **17**
 Cereal/Toast
 Fruit
 Milk

Bagels/Peanut Butter **18**
 Fruit
 Juice
 Milk

Donut **19**
 Fruit
 Juice
 Milk

Apple Jammer **22**
 Fruit
 Juice
 Milk

Cereal 4k-4 **23**
 Cereal/Toast
 Fruit
 Milk

Toasted Cheese Sandwich **24**
 Fruit
 Juice
 Milk

Cereal 4k-4 **25**
 Cereal/Toast
 Fruit
 Milk

Cooks Choice **26**
 Fruit
 Juice
 Milk

Memorial Day **29**
 No School

Cooks Choice **30**
 Fruit
 Juice
 Milk

Cereal 4k-4 **31**
 Cereal/Toast
 Fruit
 Milk

June 1 Last Day of School

Pancake on a Stick

Fruit
 Juice
 Milk





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All lunches are served with milk and fruit choices.



Fitness Tip: MyPlate recommends:

- Children need at least 60 minutes of physical activity every day.
- Be active together as a family.
- Physical activity should be fun and offer variety.



Monday

Tuesday

Wednesday

Thursday

Friday

Mozzarella Dippers **1**
 Carrot Coins
 Broccoli
 Fruit
 Milk

Chicken Nuggets **2**
 Bread/Butter/ Peanut Butter
 Peas
 Fruit
 Milk

BBQ Pork on WG Bun **3**
 Cole Slaw
 Baked beans
 Fruit
 Milk

Chicken Fajita **4**
 Peppers and Onions
 Salsa
 Lettuce/Tomato
 Fruit
 Milk

Hot Ham and Cheese **5**
 On WG Bun
 French Fries
 Fruit
 Milk
 Cookie

Chicken Patty on WG Bun **8**
 Carrot Sticks/ Ranch
 Peas
 Fruit
 Milk

Beef Burrito **9**
 Spanish Rice
 Corn
 Fruit
 Milk
 Cookie

Hamburger on WG Bun **10**
 Lettuce/Tomato
 French Fries
 Fruit
 Milk

Brunch for Lunch **11**
 Egg Ham and Cheese Bake
 Pancakes
 Broccoli
 Fruit
 Milk

Sloppy Joe on a WG Bun **12**
 Cole Slaw
 Baked Beans
 Fruit
 Milk

Chicken Teriyaki **15**
 Rice
 Broccoli
 Fruit
 Milk

Taco **16**
 Lettuce Tomato Cheese
 Refried Beans
 Salsa
 Fruit
 Milk

Chicken Wrap **17**
 Cut Veggies
 Hummus/ Ranch
 Fruit
 Milk

Cooks Choice **18**

Beef Gravy **19**
 Mashed Potatoes
 Carrot Coins
 Fruit
 Milk

Tator Tot Hotdish **22**
 Green Beans
 Dinner Roll
 Fruit
 Milk

Pizza Burger on WG Bun **23**
 French Fries
 Broccoli
 Fruit
 Milk

Ham and Cheese Sub **24**
 Cookie
 Carrot Sticks/ Ranch
 Apple
 Milk

Chicken Alfredo with a twist **24**
 Garlic Toast
 Broccoli
 Fruit
 Milk

Cooks Choice **26**

Memorial Day **29**
 No School

Chicken Nuggets **30**
 Macaroni and Cheese
 Peas and Carrot Blend
 Fruit
 Milk

Mini Corn Dogs **31**
 Dinner Rolls
 French Fries
 Fruit
 Milk

June 1 Last Day of School

Pizza
 Side Salad
 Fruit
 Milk