

# May 2018

## Birchwood School District

### BREAKFAST



This institution is an equal opportunity provider and employer.



**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 Graham  
String Cheese  
Fruit  
Juice  
Milk

7

Bagel  
Peanut Butter  
Fruit  
Juice  
Milk  
5-12 Sausage/Egg/Bagel  
Breakfast Sandwich

8

Cereal  
Fruit  
Juice  
Milk  
5-12 also toast

9

Pop Tart  
Fruit  
Juice  
Milk

10

Pancake on a Stick  
Fruit  
Juice  
Milk

11

Goldfish Bread and  
Peanut Butter  
Fruit  
Juice  
Milk

14

Cereal  
Fruit  
Juice  
Milk  
5-12 also toast

15

Breakfast Sandwich  
Fruit  
Juice  
Milk

16

Cereal  
Fruit  
Juice  
Milk  
5-12 Pancakes

17

Cinnamon Roll  
Fruit  
Juice  
Milk

18

Cereal  
Fruit  
Juice  
Milk

21

5-12 also toast

Mini Waffles  
Fruit  
Juice  
Milk

22

5-12 Pancakes

Cereal  
Fruit  
Juice  
Milk

23

Granola Bar/Yogurt  
Fruit  
Juice  
Milk  
5-12-Build your Own Yogurt  
Parfait

24

Apple Frudel  
Fruit  
Juice  
Milk

25

Memorial Day- No School

28

Cereal  
Fruit  
Juice  
Milk

29

5-12 also pancakes

Granola Bar/String Cheese  
Fruit  
Juice  
Milk

30

Banana Muffins  
Fruit  
Juice  
Milk

31



# May 2018

## Birchwood School District

### LUNCH



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**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

Blank lunch menu for Monday.

Macaroni and Cheese **1**  
Peas  
Carrots  
Fruit Variety  
Choice of Milk  
Apple Crisp

Chicken a la King **2**  
Biscuit  
Side Salad  
Fruit Variety  
Choice of Milk

Ham and Cheese Sub **3**  
on WG Roll  
Cut Veggies /Ranch Cup  
Fruit Variety  
Choice of Milk  
Sun Chips

Mini Corn Dogs **4**  
Baked Beans  
Potato Wedges  
Fruit Variety  
Choice of Milk

Chicken Patty **7**  
WG Bun  
Diced Potato  
Green Beans  
Fruit Variety  
Choice of Milk

Soft Shell Taco **8**  
Lettuce/Tomato/Cheese  
Salsa  
Refried Beans  
Fruit Variety  
Choice of Milk

Cheeseburger **9**  
On WG Bun  
Lettuce/tomato  
Sweet Potato Fries  
Fruit Variety  
Choice of Milk

Orange Chicken **10**  
Rice  
Steamed Broccoli Crowns  
Carrot Coins  
Fruit Variety  
Choice of Milk

Fish Sticks –Tartar Sauce **11**  
Dinner Roll  
Cole Slaw  
Green Beans  
Fruit Variety  
Choice of Milk

Scalloped Potato and Ham **14**  
Dinner Roll  
Green Beans  
Fruit Variety  
Choice of Milk

Chicken Teriyaki **15**  
Seasoned Noodles  
Broccoli  
Carrot Coins  
Fruit Variety  
Choice of Milk

Sloppy Joe on WG Bun **16**  
Baked Beans  
Potato Wedges  
Fruit Variety  
Choice of Milk  
Mini Ice Cream Sandwich

Chicken Alfredo **17**  
Breadstick  
Broccoli  
Fruit Variety  
Choice of Milk

Mozzarella Dippers **18**  
Marinara  
Broccoli  
Fruit Variety  
Choice of Milk

Chicken Nuggets **21**  
Sweet Potato Puffs  
Corn  
Fruit Variety  
Choice of Milk  
Cookie

Super Nacho **22**  
Refried Beans  
Salsa  
Corn  
Fruit Variety  
Choice of Milk

Turkey and Cheese Sub **23**  
Cut Veggies/Ranch Cup  
Fruit Variety  
Choice of Milk  
Granola bar

BBQ Pulled Pork on **24**  
WG Bun  
Baked Beans  
Salad/Cut Veggies  
Fruit Variety  
Choice of Milk

Pizza **25**  
Carrots/Tomato  
Side Salad  
Fruit  
Milk

Memorial Day -No School- **28**

Ham and Cheese Sub **29**  
on WG Roll  
Cut Veggies /Ranch Cup  
Fruit Variety  
Choice of Milk  
Sun Chips

Hot Dog **30**  
On WG Bun  
Baked Beans  
Diced Potato  
Fruit Variety  
Choice of Milk

Chicken Wrap **31**  
Carrot Sticks/Cherry Tomato  
Celery/Cucumber Slices  
Fruit Variety  
Choice of Milk

