

Breakfast K-8 — MAY 2021

Families Making the Connection

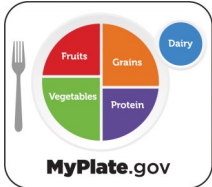
Vary Your Veggies

MyPlate helps families build a healthy plate. MyPlate includes five food groups. The vegetable group is green.

There are so many colorful vegetables to choose from—green, orange, red, yellow, purple, white, etc. Veggies can be fresh, frozen, canned, dried, dehydrated or 100% juice. Vary your veggies, with choices deep in color, for more nutrients. Veggies offer energy, vitamins, minerals and fiber, which can help reduce your risk for heart disease, type 2 diabetes and cancer. They can also help with weight management. Opt for “low sodium” or “no salt added” if you choose canned vegetables or vegetable juice. School meals offer a variety of vegetable choices each day.

Try these tips to add more veggies to meals and snacks for your family:

- Add color and flavor to meals and snacks with veggies.
 - Buy fresh veggies in season. They could cost less and be at peak flavor. Check out local farms or farmers markets.
 - Stock up on some frozen and low sodium canned veggies.
 - Set aside a small amount of time to wash and prepare your veggies when you get them from the store or market.
 - Extend meals by adding veggies to them.
- Learn more at <https://www.myplate.gov>.

Monday, May 3	Tuesday, May 4	Wednesday, May 5	Thursday, May 6	Friday, May 7
Whole Grain Cereal Apple	French Toast Turkey Bacon Mango	NO SCHOOL	Bagel Cream Cheese Cantaloupe	Waffles Turkey Breakfast Sausage Fruit Salad Jelly
Monday, May 10	Tuesday, May 11	Wednesday, May 12	Thursday, May 13	Friday, May 14
Whole Grain Cereal Orange	English Muffin with Turkey Ham and Cheese Cantaloupe	NO SCHOOL	Pancake Turkey Bacon Mango	Croissant & Jelly Apple
Monday, May 17	Tuesday, May 18	Wednesday, May 19	Thursday, May 20	Friday, May 21
Whole Grain Cereal Strawberry	Waffle Turkey Breakfast Sausage Cantaloupe	NO SCHOOL	English Muffin with Turkey Ham and Cheese Orange	Bagels Cream Cheese Watermelon
Monday, May 24	Tuesday, May 25	Wednesday, May 26	Thursday, May 27	Friday, May 28
Whole Grain Cereal Orange	Pancake Turkey Breakfast Sausage Cantaloupe	NO SCHOOL	French Toast Turkey Bacon Mango	Apple Muffin Apple
Monday, May 31				
NO SCHOOL				

- All meals served with appropriate condiments and 1% milk or fat free milk.
- Daily fruit offered might change depending on availability.
- Menu subject to change.

This institution is an equal opportunity provider.

Lunch K-8 — MAY 2021

Families Making the Connection

Vary Your Veggies

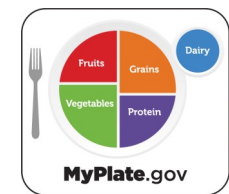
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Monday, May 3	Tuesday, May 4	Wednesday, May 5	Thursday, May 6	Friday, May 7
Turkey Hot Dog Hot Dog Roll Baked Beans Ketchup Orange	Chicken Teriyaki/ Stir Fry Brown Rice Corn & Green Bean Apple	NO SCHOOL	Spaghetti & Meatballs Carrots Pineapple	Fish Sandwich Broccoli Tartar Sauce Pears
Monday, May 10	Tuesday, May 11	Wednesday, May 12	Thursday, May 13	Friday, May 14
Chicken Patty Sand- wich Baked Beans Apple Sauce	Chicken Taco Taco Shells Corn Pear	NO SCHOOL	Macaroni & Cheese Broccoli & Carrots Orange	Meatloaf Mashed Potatoes Green Beans Dinner Roll Fruit Salad
Monday, May 17	Tuesday, May 18	Wednesday, May 19	Thursday, May 20	Friday, May 21
Cheeseburger Oven Baked Potatoes Ketchup Apple Sauce	Turkey Sausage Jambalaya Garbanzo Banana	NO SCHOOL	Chicken Alfredo Pasta Green Beans & Carrots Mango	Beef Taco Taco Shell Corn Pear
Monday, May 24	Tuesday, May 25	Wednesday, May 26	Thursday, May 27	Friday, May 28
Chicken Drumstick Whole Grain Roll Green Beans Ketchup Apple	Salisbury Steak Brown Rice Marinara Sauce Beans Watermelon	NO SCHOOL	Cheese Quesadilla Beans Corn Pears	Turkey Pepperoni Pizza Green Salad (Romaine Lettuce, Tomato) Orange
Monday, May 31				
NO SCHOOL				



- All meals served with appropriate condiments and 1% milk or fat free milk.
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Vegetarian K-8 — MAY 2021

Families Making the Connection

Vary Your Veggies

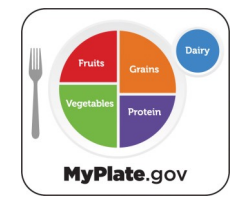
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Monday, May 3	Tuesday, May 4	Wednesday, May 5	Thursday, May 6	Friday, May 7
Vegetarian Patty Sandwich Baked Beans Ketchup Orange	Rice with Beans Corn & Green Beans Apple	NO SCHOOL	Vegetarian Spaghetti Carrots Pineapple	Cheese Quesadilla Broccoli Tartar Sauce Pears
Monday, May 10	Tuesday, May 11	Wednesday, May 12	Thursday, May 13	Friday, May 14
Vegetarian Patty Sandwich Baked Beans Apple Sauce	Vegetarian Meat Taco Taco Shells Black Beans Pear	NO SCHOOL	Macaroni & Cheese Broccoli & Carrots Orange	Vegetarian Patty Mashed Potatoes Green Beans Dinner Roll Fruit Salad
Monday, May 17	Tuesday, May 18	Wednesday, May 19	Thursday, May 20	Friday, May 21
Vegetarian Patty Sandwich Ketchup Apple Sauce	Vegetarian Jambalaya Garbanzo Banana	NO SCHOOL	Vegetarian Spaghetti Green Beans & Carrots Mango	Vegetarian Meat Taco Taco Shell Corn Pear
Monday, May 24	Tuesday, May 25	Wednesday, May 26	Thursday, May 27	Friday, May 28
Vegetarian Patty Whole Grain Roll Green Beans Ketchup Apple	Rice with Vegetarian Meat Beans Watermelon	NO SCHOOL	Cheese Quesadilla Beans Corn Pears	Cheese Pizza Green Salad (Romaine Lettuce, Tomato) Orange
Monday, May 31				
NO SCHOOL				



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Breakfast Pre-K — MAY 2021

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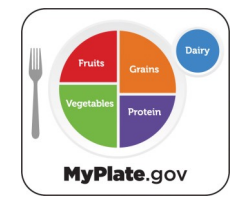
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Whole Grain Cereal Apple Sauce	French Toast Mango	NO SCHOOL	Bagel Cream Cheese Cantaloupe	Waffles Fruit Salad
Monday, May 10	Tuesday, May 11	Wednesday, May 12	Thursday, May 13	Friday, May 14
Whole Grain Cereal Orange	English Muffin with Turkey Ham and Cheese Cantaloupe	NO SCHOOL	Pancake Scrambled Eggs Mango	Croissant & Jelly Apple Sauce
Monday, May 17	Tuesday, May 18	Wednesday, May 19	Thursday, May 20	Friday, May 21
Whole Grain Cereal Strawberry	Waffle Cantaloupe	NO SCHOOL	English Muffin with Turkey Ham and Cheese Orange	Bagels Cream Cheese Watermelon
Monday, May 24	Tuesday, May 25	Wednesday, May 26	Thursday, May 27	Friday, May 28
Whole Grain Cereal Orange	Pancake Cantaloupe	NO SCHOOL	French Toast Turkey Bacon Mango	Apple Muffin Apple Sauce
Monday, May 31				
NO SCHOOL				



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Lunch Pre-K — MAY 2021

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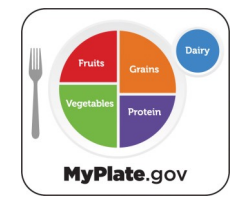
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Monday, May 3	Tuesday, May 4	Wednesday, May 5	Thursday, May 6	Friday, May 7
Chicken Nuggets Dinner Roll Baked Beans Ketchup Orange	Chicken Teriyaki/ Stir Fry Brown Rice Corn Apple	NO SCHOOL	Spaghetti & Beef Carrots Pineapple	Fish Sandwich Broccoli Tartar Sauce Pears
Monday, May 10	Tuesday, May 11	Wednesday, May 12	Thursday, May 13	Friday, May 14
Chicken Patty Sand- wich Baked Beans Apple Sauce	Chicken Taco Taco Shells Black Beans Pear	NO SCHOOL	Macaroni & Cheese Broccoli Orange	Meatloaf Mashed Potatoes Green Beans Dinner Roll Fruit Salad
Monday, May 17	Tuesday, May 18	Wednesday, May 19	Thursday, May 20	Friday, May 21
Cheeseburger Oven Baked pota- toes Ketchup Apple Sauce	Turkey Sausage Jambalaya Garbanzo Banana	NO SCHOOL	Chicken Alfredo Pasta Green Beans & Carrots Mango	Beef Taco Taco Shell Corn Pear
Monday, May 24	Tuesday, May 25	Wednesday, May 26	Thursday, May 27	Friday, May 28
Chicken Drumstick Whole Grain Roll Green Beans Ketchup Apple	Salisbury Steak Brown Rice Marinara Sauce Beans Watermelon	NO SCHOOL	Cheese Quesadilla Beans Corn Pears	Turkey Pepperoni Pizza Green Salad (Romaine Lettuce, Tomato) Orange
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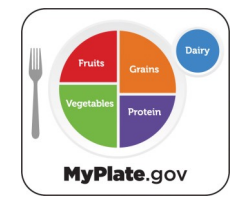
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