

MAY MENU

SECONDARY

Milk will be offered with every meal.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|---|
| 2 Choice of Asian Bowl with Fried Rice or Pizza Steamed Carrots Garden Salad Fruit Cup | 3  Manager's Choice | 4 Spaghetti with Meat Sauce and Cheesy Bites or Pizza Seasoned Vegetable Garden Salad Fruit Cup | 5 Cinco De Mayo! Totchos or Quesadillas or Burger Rice & Beans Side Salad Churros with Cinnamon Apples | 6 BBO Sub or Cheese Burger Basket with Fries Garden Salad Fresh Fruit |
| 9 Chicken & Waffles or Chicken Strips with Garlic Toast or Pizza Garden Salad Steamed Vegetables Fruit Cup | 10 Tornados or Burritos or Burger Garden Salad Pinto Beans Spanish Rice Homemade Salsa Berries & Cream | 11  Manager's Choice | 12 Popcorn Chicken or Drumsticks with Hot Roll or Burger Mashed Potatoes Steamed Broccoli Garden Salad Fruit Crisp | 13 Chicken Sandwich or Bacon Cheese Burger Basket with Fries or Pizza Garden Salad Fresh Fruit |
| 16 Chicken Spaghetti with Hot Roll or Corn Dog with Chips or Pizza Seasoned Vegetables Garden Salad Fresh Fruit Salad | 17 Nachos or Burger Garden Salad Refried Beans Spanish Rice Homemade Salsa Banana Sundaes | 18 Lasagna with Cheesy Bites or Pizza Steamed Broccoli Garden Salad Fruit Cup | 19 Chicken Nuggets or Steak Fingers with Hot Roll or Burger Mashed Potatoes Seasoned Vegetables Garden Salad Berries & Cream | 20  Manager's Choice |
| 23 Asian Bowl or Pizza Fried Rice Steamed Carrots Garden Salad Fruit Cup | 24 Tacos or Burger Lettuce & Tomatoes Pinto Beans Spanish Rice Homemade Salsa Fruit Cup | 25 Spaghetti with Meat Sauce and Cheesy Bites or Pizza Seasoned Green Beans Garden Salad Fruit Cup | 26 Country Chicken Bowl or Chicken Bucket with Hot Roll or Burger Seasoned Vegetables Garden Salad Pineapple Fluff | 27  Enjoy your Summer! |

Unwind

What are your plans this summer? I hope you have carved out some time to relax. Here are some ways to help you do so!

- ◆ **Spend some time outdoors.** One of the best and most effective ways to boost your mood is to get outdoors and soak in a little Vitamin D.
- ◆ **Unplug from technology.** Use the summer as an excuse to be in vacation mode. Set time aside each day to be completely unplugged from technology and see what else there is to offer.
- ◆ **Step outside your comfort zone.** Try something new. It can be something simple like trying a new drink or food or a new restaurant. Every time we try something new we take a risk and feel a boost of happiness.

<http://www.healthywomen.org/content/blog-entry/10-ways-relax-summer-truly-unwind-and-unplug-be-happy-and-balanced>

An option of Cereal & Toast, Fresh Fruit or Fruit Cup, and a Choice of Juice and Milk are also offered everyday.

Breakfast

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------|-----------------|----------------------------|---------------------|---------------------------|------------------|
| Week 1 & 3 | Breakfast Pizza | Yogurt Parfait w/ Scoobies | French Toast Sticks | Eggs w/ Bacon and Toast | Breakfast on Bun |
| Week 2 & 4 | Yogurt & Muffin | Pig in a Blanket | Biscuit & Sausage | Eggs w/ Sausage and Toast | Pancake Wrap |

This institution is an equal opportunity provider. The menu is subject to change based on supplier availability.