

MAY MENU

SUPPER

Monday	Tuesday	Wednesday	Thursday
April 29 Pizza Fresh Garden Fresh Fruit	April 30 Burritos Salsa Vegetable Dippers Fruit Cup	1 Corn Dogs Baked Chips Carrot Dippers Fresh Fruit	2 Chicken Nuggets Hot Roll French Fries Fruit Cup
6 Cheesy Bread Sticks Tossed Salad Fresh Fruit	7 Crisпитos Salsa Baby Carrots Fruit Cup	8 Chicken Burger Baked Chips Vegetable Dippers Fresh Fruit	9 Hot Dog Choice of Chips Baked Beans Fruit Cup
13 Pizza Fresh Garden Fresh Fruit	14 Burritos Salsa Vegetable Dippers Fruit Cup	15 Corn Dogs Baked Chips Carrot Dippers Fresh Fruit	16 Chicken Nuggets Hot Roll French Fries Fruit Cup
20 Cheesy Bread Sticks Tossed Salad Fresh Fruit	21 Crisпитos Salsa Baby Carrots Fruit Cup	22 Chicken Burger Baked Chips Vegetable Dippers Fresh Fruit	23 Hot Dog Choice of Chips Baked Beans Fruit Cup
27 <i>Enjoy Your Day Off!</i>	28 Burritos Salsa Vegetable Dippers Fruit Cup	28 Corn Dogs Baked Chips Carrot Dippers Fresh Fruit	30 Chicken Nuggets Hot Roll French Fries Fruit Cup

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>

A variety of milk will be offered with every meal.