

May

BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> • jumpstart breakfast: mini dipper doodle /9899string cheese/ fruit <p style="text-align: right;">1</p>	<ul style="list-style-type: none"> • yogurt/granola/ fruit <p style="text-align: right;">2</p>	<ul style="list-style-type: none"> • zee zees berry apple crisp bar/fruit (DF) <p style="text-align: right;">3</p>	<ul style="list-style-type: none"> • lemon muffin/fruit <p style="text-align: right;">4</p>	<ul style="list-style-type: none"> • plain whole wheat bagel/cream cheese/fruit <p style="text-align: right;">5</p>
<ul style="list-style-type: none"> • rf flurries cereal (small)/mini dipper doodle / fruit (DF) <p style="text-align: right;">8</p>	<ul style="list-style-type: none"> • blueberry burst whole grain bagel/cream cheese/fruit <p style="text-align: right;">9</p>	<ul style="list-style-type: none"> • yogurt/skeeter honey grahams/fruit <p style="text-align: right;">10</p>	<ul style="list-style-type: none"> • cold turkey and cheddar brekwich /fruit <p style="text-align: right;">11</p>	<ul style="list-style-type: none"> • plain whole wheat bagel/cream cheese/fruit <p style="text-align: right;">12</p>
<ul style="list-style-type: none"> • dipper doodle bar /fruit (DF) <p style="text-align: right;">15</p>	<ul style="list-style-type: none"> • string cheese/skeeter cinn grahams/fruit <p style="text-align: right;">16</p>	<ul style="list-style-type: none"> • rf flurries cereal /zac attack apple bar /fruit (DF) <p style="text-align: right;">17</p>	<ul style="list-style-type: none"> • zee zees berry apple crisp bar/fruit (DF) <p style="text-align: right;">18</p>	<ul style="list-style-type: none"> • blueberry burst whole grain bagel/cream cheese/fruit <p style="text-align: right;">19</p>
<ul style="list-style-type: none"> • rf honey buttons cereal (small)/mini dipper doodle /fruit (DF) <p style="text-align: right;">22</p>	<ul style="list-style-type: none"> • yogurt/educational snacks/fruit <p style="text-align: right;">23</p>	<ul style="list-style-type: none"> • jumpstart breakfast: mini dipper doodle /string cheese/ fruit <p style="text-align: right;">24</p>	<ul style="list-style-type: none"> • plain whole wheat bagel/cream cheese/fruit <p style="text-align: right;">25</p>	<ul style="list-style-type: none"> • dipper doodle bar /fruit (DF) <p style="text-align: right;">26</p>
<p>NO SCHOOL</p> <p style="text-align: right;">29</p>	<ul style="list-style-type: none"> • yogurt/granola/ fruit <p style="text-align: right;">30</p>	<ul style="list-style-type: none"> • plain whole wheat bagel/cream cheese/fruit <p style="text-align: right;">31</p>		

did you know?

We offer five flavors of muffins for breakfast! Our sweet and tart Lemon Muffin is made with whole grains, real eggs, and all the flavors of spring.

Breakfast: choice of 1% or fat-free milk; fresh fruit available daily except when fruit juice is offered twice per week.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

This institution is an equal opportunity provider



May

LUNCH K-5

Monday

Tuesday

Wednesday

Thursday

Friday

CINCO DE MAYO!				
<ul style="list-style-type: none"> chicken bites (DF) sunny sandwich kit (sunbutter and jelly) (vg) chilled, seasoned green beans <p>1</p>	<ul style="list-style-type: none"> five cheese lasagna (VG) honey mustard chicken wrap pinto beans & baby carrots <p>2</p>	<ul style="list-style-type: none"> baked mac & cheese and bbq chicken lunch combo cheddar cheese sandwich (VG) sweet potatoes <p>3</p>	<ul style="list-style-type: none"> the revolution hot dog (DF) egg salad sandwich (VG) (DF) chopped lettuce and sliced tomatoes with ranch <p>4</p>	<ul style="list-style-type: none"> mama's tamale (red chile chicken) (DF) southwest veggie wrap (VG) steamed corn <p>5</p>
<ul style="list-style-type: none"> crispy chicken sandwich (DF) cheddar cheese sandwich (VG) green peas <p>8</p>	<ul style="list-style-type: none"> jumbo caribbean meatball (DF) "pepperoni" calzoni pizza (meatless) (VG) edamame & grape tomatoes <p>9</p>	<ul style="list-style-type: none"> cheesy ravioli (VG) sesame chicken wrap (DF) sweet potatoes <p>10</p>	<ul style="list-style-type: none"> cheeseburger egg salad sandwich (VG) (df) chopped lettuce and sliced tomatoes with ranch <p>11</p>	<ul style="list-style-type: none"> spicy chicken chorizo and cheese egg sandwich sunny sandwich kit (sunbutter and jelly) (VG) chilled, seasoned green beans <p>12</p>
<ul style="list-style-type: none"> cheese pizza panada pie (VG) chicken bites (DF) steamed corn <p>15</p>	<ul style="list-style-type: none"> egg salad sandwich (VG) (DF) honey mustard chicken wrap edamame & baby carrots <p>16</p>	<ul style="list-style-type: none"> hot meatball sub sunny sandwich kit (sunbutter and jelly) (VG) braised greens <p>17</p>	<ul style="list-style-type: none"> the revolution hot dog (DF) cheese pizza (VG) celery sticks with ranch <p>18</p>	<ul style="list-style-type: none"> cheesy chicken quesadilla taco dippers kit (VG) sweet potatoes <p>19</p>
<ul style="list-style-type: none"> lone star bbq chicken sandwich southwest veggie wrap (VG) chilled, seasoned green beans <p>22</p>	<ul style="list-style-type: none"> cheesy ravioli (VG) pinto beans & blanched broccoli florets <p>23</p>	<ul style="list-style-type: none"> baked mac & cheese and chicken bites lunch combo cheddar cheese sandwich (VG) steamed corn <p>24</p>	<ul style="list-style-type: none"> buffalo chicken sandwich egg salad sandwich (VG) (DF) chopped lettuce and sliced tomatoes with ranch (green) <p>25</p>	<ul style="list-style-type: none"> breakfast for lunch: pancakes w/ omelet (VG) garden ranch salad with chicken breast sweet potatoes <p>26</p>
<p>NO SCHOOL</p> <p>29</p>	<ul style="list-style-type: none"> crispy chicken sandwich (DF) spaghetti marinara with mozzarella (VG) pinto beans <p>30</p>	<ul style="list-style-type: none"> buffalo chicken crunchadilla egg salad sandwich (VG) (DF) sesame chicken salad chilled, seasoned green beans <p>31</p>		

cinco de mayo!

In Mexico, tamales are traditionally served to celebrate holidays or special occasions

Our **new Mama's Tamales** come in two flavors: red chile chicken and mild green chile & cheese. Both are prepared traditionally and individually hand wrapped in a corn husk before being steamed.

Look for tamales on the menu on Cinco de Mayo! (That's May 5th)

Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

o Vegetable of the day

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May

LUNCH PK

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> • chicken bites (DF) • sunny sandwich kit (sunbutter and jelly) (VG) ○ chilled, seasoned green beans <p style="text-align: right;">1</p>	<ul style="list-style-type: none"> • five cheese lasagna (VG) ○ pinto beans & diced carrot <p style="text-align: right;">2</p>	<ul style="list-style-type: none"> • baked mac & cheese and bbq chicken lunch combo • cheddar cheese sandwich (VG) ○ sweet potatoes <p style="text-align: right;">3</p>	<ul style="list-style-type: none"> • buffalo chicken sandwich • egg salad sandwich (VG) (DF) ○ chopped lettuce and sliced tomatoes with ranch <p style="text-align: right;">4</p>	<p>CINCO DE MAYO!</p> <ul style="list-style-type: none"> • mama's tamale (red chile chicken) (DF) • southwest veggie wrap (VG) ○ steamed corn <p style="text-align: right;">5</p>
<ul style="list-style-type: none"> • jumbo caribbean meatball with rice (DF) • "pepperoni" calzoni pizza (meatless) (VG) ○ green peas <p style="text-align: right;">8</p>	<ul style="list-style-type: none"> • cheesy ravioli (VG) ○ pinto beans & diced carrots <p style="text-align: right;">9</p>	<ul style="list-style-type: none"> • sloppy joe (DF) • egg salad sandwich (VG) (DF) ○ sweet potatoes <p style="text-align: right;">10</p>	<ul style="list-style-type: none"> • flame broiled beef cheeseburger • egg salad sandwich (VG) (DF) ○ chopped lettuce and sliced tomatoes with ranch <p style="text-align: right;">11</p>	<ul style="list-style-type: none"> • spicy chicken chorizo and cheese eggel sandwich • sunny sandwich kit (sunbutter and jelly) (VG) ○ chilled, seasoned green beans <p style="text-align: right;">12</p>
<ul style="list-style-type: none"> • cheese pizza panada pie (VG) • chicken bites (DF) ○ steamed corn <p style="text-align: right;">15</p>	<ul style="list-style-type: none"> • chicken taco trio • egg salad sandwich (VG) (DF) ○ pinto beans & diced carrots <p style="text-align: right;">16</p>	<ul style="list-style-type: none"> • five cheese lasagna (VG) ○ braised greens <p style="text-align: right;">17</p>	<ul style="list-style-type: none"> • cheese pizza with a whole grain crust (VG) • turkey and cheddar sandwich ○ sliced cucumber <p style="text-align: right;">18</p>	<ul style="list-style-type: none"> • cheesy chicken quesadilla • taco dippers kit (VG) ○ sweet potatoes <p style="text-align: right;">19</p>
<ul style="list-style-type: none"> • lone star bbq chicken sandwich • egg and cheese panada pie (VG) ○ chilled, seasoned green beans <p style="text-align: right;">22</p>	<ul style="list-style-type: none"> • cheesy ravioli (VG) ○ pinto beans & blanched broccoli florets <p style="text-align: right;">23</p>	<ul style="list-style-type: none"> • baked mac & cheese and chicken bites lunch combo • cheddar cheese sandwich (VG) ○ steamed corn <p style="text-align: right;">24</p>	<ul style="list-style-type: none"> • buffalo chicken sandwich • egg salad sandwich (VG) (DF) ○ chopped lettuce and sliced tomatoes with ranch <p style="text-align: right;">25</p>	<ul style="list-style-type: none"> • breakfast for lunch: pancakes w/ omelet (VG) ○ sweet potatoes <p style="text-align: right;">26</p>
<p style="color: red; text-align: center;">NO SCHOOL</p> <p style="text-align: right;">29</p>	<ul style="list-style-type: none"> • crispy chicken sandwich (DF) • pinto beans & diced carrots <p style="text-align: right;">30</p>	<ul style="list-style-type: none"> • buffalo chicken crunchadilla • egg salad sandwich (VG) (DF) ○ chilled, seasoned green beans <p style="text-align: right;">31</p>		

cinco de mayo!

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Our **new Mama's Tamales** come in two flavors: red chile chicken and mild green chile & cheese. Both are prepared traditionally and individually hand wrapped in a corn husk before being steamed.

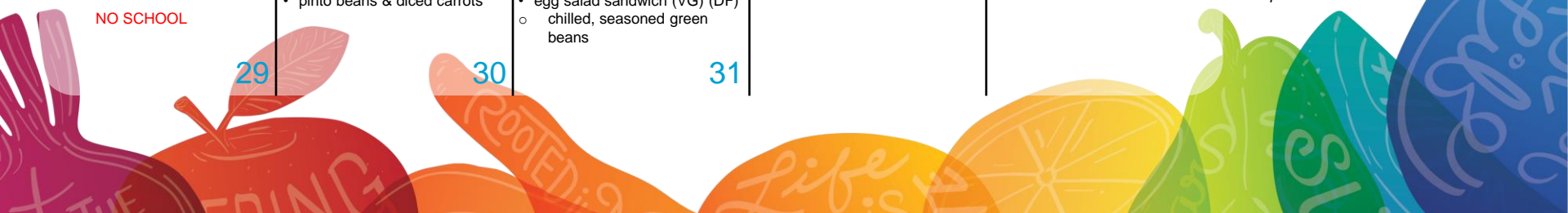
Look for tamales on the menu on Cinco de Mayo! (That's May 5th)

Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

○ Vegetable of the day

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May

SNACK

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> granola w/string cheese <p>1</p>	<ul style="list-style-type: none"> goldfish pretzels/fruit <p>2</p>	<ul style="list-style-type: none"> multigrain rumbles - ranch/fruit <p>3</p>	<ul style="list-style-type: none"> goldfish cheese crackers/fruit <p>4</p>	<ul style="list-style-type: none"> educational snacks/fruit <p>5</p>
<ul style="list-style-type: none"> granola/string cheese <p>8</p>	<ul style="list-style-type: none"> educational snacks/sunbutter <p>9</p>	<ul style="list-style-type: none"> zac attack bar apple/fruit (snack) <p>10</p>	<ul style="list-style-type: none"> skeeter cinnamon grahams/fruit <p>11</p>	<ul style="list-style-type: none"> yogurt/fruit <p>12</p>
<ul style="list-style-type: none"> zac attack bar strawberry/fruit <p>15</p>	<ul style="list-style-type: none"> goldfish cheese crackers/fruit <p>16</p>	<ul style="list-style-type: none"> string cheese/juice <p>17</p>	<ul style="list-style-type: none"> skeeter honey grahams/fruit <p>18</p>	<ul style="list-style-type: none"> revolution foods honey wheat crackers/fruit <p>19</p>
<ul style="list-style-type: none"> goldfish pretzels/juice <p>22</p>	<ul style="list-style-type: none"> multigrain rumbles - cinnamon/fruit <p>23</p>	<ul style="list-style-type: none"> yogurt/fruit <p>24</p>	<ul style="list-style-type: none"> zac attack bar apple/fruit <p>25</p>	<ul style="list-style-type: none"> granola/string cheese <p>26</p>
<p>NO SCHOOL</p> <p>29</p>	<ul style="list-style-type: none"> goldfish cheese crackers/fruit <p>30</p>	<ul style="list-style-type: none"> skeeter honey grahams/fruit <p>31</p>		

did you know?

Snacks can be a healthy part of a balanced diet. Our snacks contain no artificial colors, flavors, or sweeteners.

Now that's something we can all get behind!

Snack: fresh fruit available daily except when sunbutter, string cheese, or juice is served.

This institution is an equal opportunity provider

