

MAY 2024

STAR WARS DAY: MAY 3

SCHOOL LUNCH HERO WEEK:
MAY 6-10

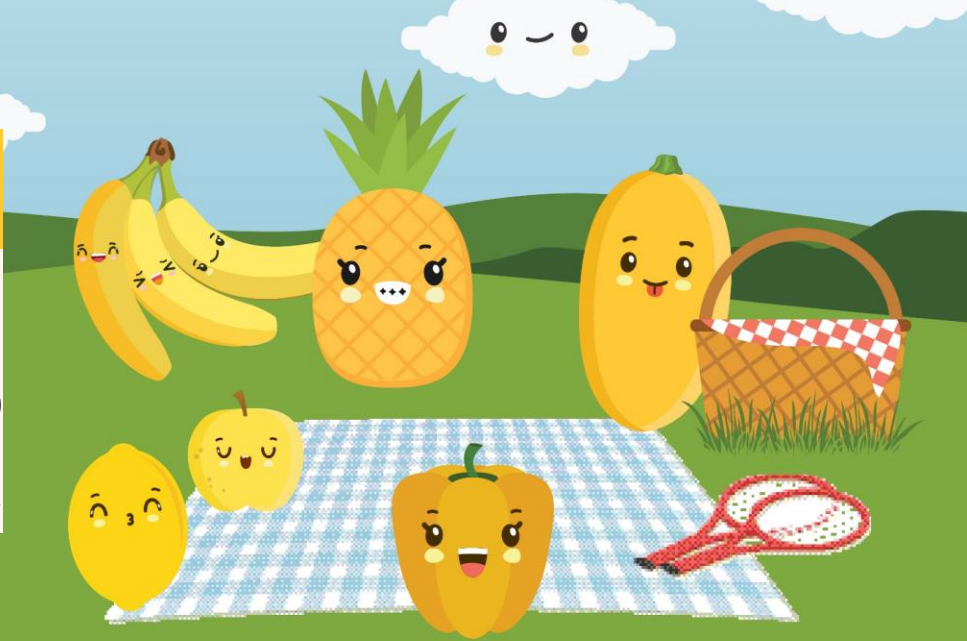
WINNING PIZZA DAY: MAY 24 & MAY 31

Lunch Prices

Paid: \$2.80

Reduced: \$0.40

Adult: \$4.65



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



MAY 6-10

Assorted Muffins & Cheese Cubes
Cinnamon Toast Crunch Cereal
Apple Slices, Juice

6

Cheese Omelet & Dutch Waffle
Fish Sticks & Mac 'n Cheese
Garden Salad & Dinner Roll
Turkey & Cheese Sub
Spiral Fries, Red Pepper Strips
Kiwi, **SIDEKICKS**

Brownie Bites & Scooby Grahams
Pop Tart & Scooby Grahams
Apple Slices, Juice

13

Waffles & Chicken Sausage Patties
Ham & Cheese Melt
Popcorn Chicken Salad & Dinner Roll
Muffin & Yogurt Pack
Tater Tots, Fresh Broccoli
Oranges, Juice

Choc. Chip Oatmeal Benefit Bar
Mini Maple Waffles
Apple Slices, Juice

20

Chicken Drumstick & Dinner Roll
Hot Dog with Cheese
Egg Chef Salad & Cheez-Itz
Pizza Bagel Pack
Mashed Potatoes, Fresh Broccoli
Pears, Craisins

27


Lucky Charms Cereal
Pop Tart & Crackers
Juice

7

Walking Tacos
Corn Dog
Turkey Chef Salad
Yogurt Parfait
Refried Beans, Cucumbers
Bananas, Juice

Rice Krispie Treat & String Cheese
Nutri Grain Bar & Tiger Bites
Oranges, Juice

14

Beef Nachos
Pizza Dippers & Sauce
Italian Salad
Pretzel & Yogurt Pack
Refried Beans, Red Pepper Strips
Bananas, Juice

Mini Cinnamon Bagel
Cinnamon Toast Crunch Cereal
Craisins, Juice

21

Pizza Crunchers
Cheddar Burger with Jalapenos
Turkey Chef Salad & Dinner Roll
Pretzel & Yogurt Pack
Baked Beans, Fresh Spinach
Oranges, Juice

Mini Chocolate Chip French Toast
Pop Tart & Animal Crackers
Apple Slices, Juice

28

Mini Corn Dogs & Mac 'n Cheese
Pizza Dippers & Sauce
Yogurt & Apple Slices Pack
Sunbutter & Jelly Sandwich
Buttered Carrots, Red Pepper Strips
Oranges, Juice

Turkey Sausage Pancake Wrap
Cereal Bar & Crackers
Applesauce Cup, Juice

1

Cheese Quesadilla
Original or Spicy Chicken Patty
Baja Salad
Pizza Bagel Pack
Baked Beans, Cucumbers
Apples, Juice

Rice Krispie Treat & Scooby Crackers
Cinnamon Toast Cereal Bar & Crackers
Craisins

8

Cheese Quesadilla
Chicken Pizza Quesadilla
Pizza Crunchers
Sunbutter & Jelly Sandwich
Steamed Broccoli, Cherry Tomatoes
Oranges, Juice, **DORITOS**

Yogurt & Bunny Grahams
Cereal Bar & Bunny Grahams
Applesauce Cup, Juice

15

Egg, Sausage & Cheese Biscuit
Cheeseburger with Pickles
Turkey Chef Salad
Yogurt Parfait
Broccoli, Baby Carrots
Apples, Juice

Assorted Cereal Bars & Tiger Bites
Nutri Grain Bar & Tiger Bites
Applesauce Cup, Juice

22

Cheese Omelet & Donut
Original or Spicy Chicken Patty
Italian Salad & Dinner Roll
Turkey & Cheese Sandwich
Warm Cinnamon Apples, Celery Stick
Baby Carrots, Juice

Mini Maple Waffles
Lucky Charms Cereal
Applesauce Cup, Juice

29

Popcorn Chicken & Pretzel Ros
Bacon Cheeseburger
Turkey Chef Salad
Muffin & Yogurt Pack
Steamed Broccoli, Baby Carrots
Pears, Juice

Yogurt & String Cheese
Rice Krispie Treat & String Cheese
Juice

2

Pizza Crunchers
Bacon Cheeseburger
Ham Chef Salad
Muffin & Yogurt Pack
Mixed Veggies, Fresh Spinach
Applesauce Cup, Juice

Brownie Bites & Crackers
Mini Maple Waffles
Juice

9

Popcorn Chicken & Pretzel Rods
Bacon Cheeseburger
Chicken & Cheese Salad
Muffin & Yogurt Pack
Mixed Veggies
Applesauce, Juice

Assorted Cereal & Bug Bites
Chocolate Chip Benefit Bar
Raisins, Juice

16

Country Popcorn Chicken Bowl
Corn Dog
Bologna & Cheese Sandwich
Garden Salad & Dinner Roll
Mixed Veggies, Fresh Spinach
Red Grapes, Juice

Rice Krispie Treat & String Cheese
Pop Tart & Scooby Grahams
Apple Slices, Juice

23

Popcorn Chicken & Pretzel Rods
Meatball Sub
Tossed Salad with Cheese
Yogurt Parfait
Buttered Corn, Cucumbers
Apples, Juice

Rice Krispie Treat & String Cheese
Pop Tart & Tiger Bites
Juice

30

Dutch Waffle & Chicken Sausage Patties
Meatball Sub
Popcorn Chicken Salad
Yogurt Parfait
Tater Tots, Fresh Spinach
Bananas, Juice

Assorted Cereal & Crackers
Bagel & Cream Cheese
Craisins, Juice

3

Hutt Dog with Cheese & Jalapenos
Thermal Detonators (Boneless Wings)
Bologna & Cheese Han-wich
Chicken & Cheese Salad
Vader Taters, Obi-Wans (Celery Sticks)
Asteroids (Red Grapes), Jabba Juice, EWOKS (Teddy Grahams)

Turkey Sausage Pancake Wrap
Nutri Grain Bar & Crackers
Juice

10

Cheese Pizza
Pepperoni Pizza
Ham & Cheese Sub
Garden Salad & Dinner Roll
Corn, Baby Carrots
Pears, Juice, **BROWNIES**


17


Lucky Charms Cereal
Assorted Muffins & String Cheese
Raisins, Juice

24

Cheese Pizza
PIZZA CONTEST WINNER
Chicken & Cheese Salad
Bologna & Cheese Sandwich
Mixed Veggies, Sunbelievable Sidekicks
Bananas, Juice

Brownie Bites & Scooby Grahams
Nutri Grain Bar & Scooby Grahams
Juice

31

Cheese Pizza
PIZZA CONTEST WINNER
Tossed Salad with Cheese
Ham & Cheese Sub
Buttered Corn, Fresh Broccoli
Red Grapes, Juice

YELLOW WORLD

Sunny yellow produce are high in beta-carotene and vitamin C. Beta-carotene contributes about 50% of the vitamin A in a typical American diet. It's recommended that you get your beta-carotene from brightly colored fruits and veggies rather than supplements. As well as packing a nutritional punch, this primary color means courage in Japan. Yellow foods that are equal parts delicious and nutritious include corn, yellow tomatoes, garbanzo beans, bananas, yellow peppers, and egg yolks.

DISCOVER: SPAGHETTI SQUASH

This month, be sure to enjoy the fork-twirling, buttery goodness known as spaghetti squash. In season July through October, spaghetti squash is a delicious pasta alternative or side brimming with vitamins C and B6, manganese, and potassium.



PINEAPPLE: Brimming with vitamin C, calcium, & iron
Peak Season: Apr.-May

LEMON: Bursting with fiber, vitamin C, & potassium
Peak Season: Nov.-Mar.



STARFRUIT: Full of protein, vitamins, & minerals
Peak Season: Aug.-Sep.

CHALLENGE OF THE MONTH: EAT THE RAINBOW

This summer, cool down the healthy way with some natural, homemade Popsicles! With an adult's help, use a blender to experiment mixing different fruits and veggies together to create the perfect frozen treat. Then freeze them overnight in an ice cube tray or Popsicle mold and enjoy! See below for some flavorful suggestions.



STRAWBERRY, BEET,
SPINACH, APPLE JUICE



PINEAPPLE, BANANA,
COCONUT MILK, SPINACH



MANGO, ORANGE JUICE,
CARROT JUICE



ACE'S RECIPE OF THE MONTH:



PINEAPPLE COBBLER*

Serves 8

INGREDIENTS:

- 1 cup all-purpose flour
- 1 pinch of salt
- 1 cup sugar
- 1 tablespoon baking powder
- 3/4 cup milk
- 1 teaspoon vanilla extract
- 1 stick (1/4 lb.) unsalted butter, melted
- 1 can (20 oz.) pineapple chunks in juice, drained
- Vanilla ice cream or whipped cream (optional)

PREPARATION:

1. Preheat oven to 375°F. In a bowl, mix flour, salt, sugar, baking powder, milk, and vanilla extract; stir until mixture forms a smooth batter. Gently stir in butter.
2. Spread a very thin layer of batter evenly in a 9x13" baking dish and scatter pineapple chunks evenly over batter.
3. Bake 25 minutes or until pineapple has fallen to bottom of pan and top is puffed, golden brown, and springs back slightly when touched in middle. Cool cobbler slightly and then serve warm with vanilla ice cream or whipped cream, if desired.

***DO NOT attempt cook or chop without adult supervision.**