

### MONDAY

**2**  
**Chicken & Waffle Sandwich**

Baby Carrots  
Sliced Cucumber

### TUESDAY

**3**  
**Cheese Sticks W/ Marrina Sauce**

Garden Salad  
Corn

### WEDNESDAY

**4**  
**Baked Potato Bar**

Roasted Broccoli  
Broccoli

### THURSDAY

**5**  
**CINCO DE MAYO**  
**Nachos**  
Churro  
Black bean and Corn Salsa

### FRIDAY

**6**  
**Chicken Pot Pie Over Biscuit**

Baby Carrots  
Roasted Cauliflower

**9**  
**Baked Ziti**

Carrot  
Peas

**10**  
**Bean and Cheese Burrito**

Corn  
Broccoli

**11**  
**Turkey Burrito Bowl**

Refried Beans  
Tomatoes

**12**  
**Egg and Cheese Bagel**

corn  
Garden Salad

**13**  
**Country Chicken Potato Bowl**

Broccoli  
Tater Tots

**16**  
**French Toast Sticks Cheesy Scrambled Eggs**

Baby Carrots  
Tator Tots

**17**  
**Stacked Enchilada Bake**

Corn  
Broccoli

**18**  
**Yakisoba**

Green Beans  
Cucumber

**19**  
**Baked Potato Bar**

Broccoli  
Mixed Vegetables

**20**  
**Turkey Chili**

Garden Salad  
Baby carrots

**23**  
**Penne Pomodoro**

Peas and Carrots  
Celery

**24**  
**Nacho Bar**

Black Beans and corn  
Salad  
Fresh Tomatoes

**25**  
**Cuban Panini**

Sweet Potato Fries  
Broccoli

**26**  
**NATIONAL Burger Day**  
**MAY 28TH**  
**Mushroom And Swiss Burger**  
Peas

**NO SCHOOL**



**31**  
**Orange Chicken/ Over Rice**

Broccoli

### Interesting Fact:

There are so many apple varieties that if you ate a apple a day it would take you over 20 years to try them all. There is more than 7,500 varieties of apples.



#### Daily Offerings:

Nutrition Bar with a variety of fruits and vegetables

½ pint of milk and fruit are included with meals

#### GRILL

Daily Grill Items  
Hamburger  
Cheeseburger  
Chicken Patty  
Grill Feature of the Day

All grill items include choice of fresh toppings



#### PIZZA

Handmade Pizza sold by the Slice

✓ Cheese  
Pepperoni

**FOOD 7 THOUGHT**  
**CHICKEN**

CHOOSE LEAN CHICKEN, SUCH AS SKINLESS CHICKEN BREAST, WHICH IS LOWEST IN FAT AND HIGHEST IN PROTEIN.

HIGH IN VITAMIN B6, IRON, AND PROTEIN, CHICKEN HELPS TO PROVIDE THE BODY ENERGY FROM HEALTHY RED BLOOD CELLS, AND SUPPORT MUSCLE GROWTH AND DEVELOPMENT.

CULINARY USES INCLUDE SOUPS, STEWS, BONE BROTH, CASSEROLES, SANDWICHES, AND STEAKS.

ONE CUP OF PLAIN LEAN DICED CHICKEN CONTAINS 28 GRAMS OF PROTEIN.