

Menus for May 2026

FSD5 Johnsonville Middle School

This institution is an equal opportunity provider.
Menus are subject to change.

Available Daily

Monday/Wednesday - *Grits and Eggs*

Tuesday/Thursday - *Biscuits and Gravy*

Friday - *Breakfast Sandwich*

Fruit and Milk Choice Available

Lunch Daily

Big Salad

Turkey Wrap or Uncrustable(pf)

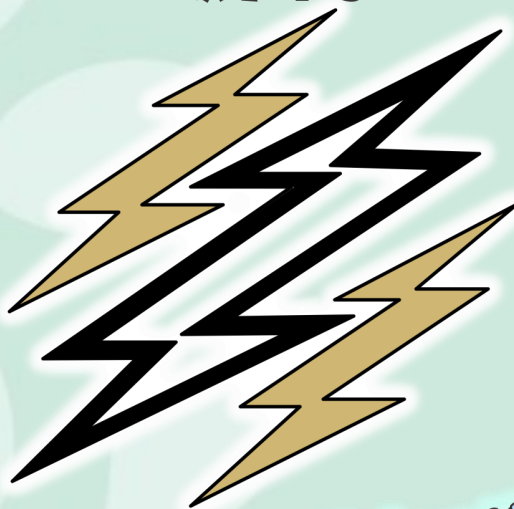
Fruit and Milk Choice

Milk Choices

1% White, Skim Chocolate, Skim

Strawberry, FF Vanilla, 1% Lactose Free

SCHOOL LUNCH SUPERHERO DAY FRIDAY, MAY 1ST AND SCHOOL NUTRITION EMPLOYEE APPRECIATION WEEK MAY 4-8



What Thomas Edison's Mother said ...



Of course I'm
happy that you invented
the electric bulb. Now
turn off that light and
get to sleep this
instant!

Happy Mother's Day! Sunday, May 10

Featured Specials of the Day

Friday, May 1

Pizza or Manager's Special
Corn, Carrots w/ Ranch

Monday, May 4

BBQ Sandwich
French Fries
Let & Tom

Tuesday, May 5

South of the Border Nachos
Beans, Shredded
Let and Tom

Wednesday, May 6

Teriyaki Chicken w/ Rice
Broccoli w/ Cheese,
Carrots w/ Ranch

Thursday, May 7

Popcorn Chicken
French Fries, Veg Sticks

Friday, May 8

Corn Dog or Manager's Special
Beans

Monday, May 11

Cheeseburger
French Fries
Let & Tom

Tuesday, May 12

South of the Border Nachos
Beans, Shredded
Let and Tom

Wednesday, May 13

Steak & Gravy
Mashed Potatoes, Rolls
Mixed Vegetables

Thursday, May 14

Teriyaki Chicken w/ Rice
Broccoli w/ Cheese,
Carrots w/ Ranch

Friday, May 15

Pizza or Manager's Special
Corn, Carrots w/ Ranch

★ OUR NATION'S HISTORY ★

Memorial Day originated in the years after the Civil War to remember and honor those who had died in service to our country. At first, Memorial Day was called "Decoration Day" – literally, a day that was set aside to beautify the final resting places of our honored dead.

This year, while you're enjoying your day off, please don't forget to honor them in your heart, too!

★ WITH LIBERTY & JUSTICE FOR ALL ★

Please see the other page for items available daily

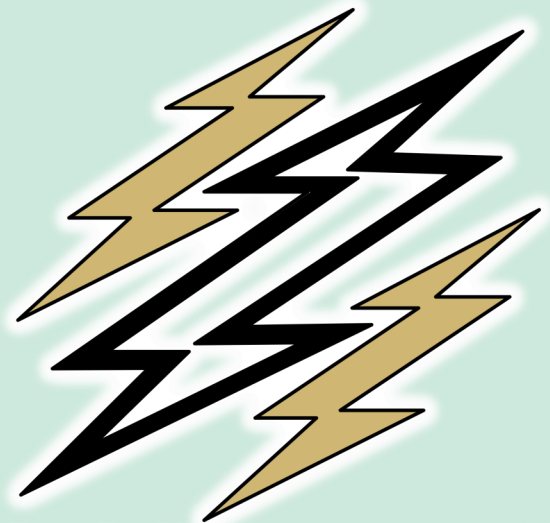
eatfit
 wanna stay fit?
 gotta eat right!

item: water **verdict:** ripped
tip: Use water to power your workouts – and your life. Try to drink at least 6-8 8-ounce servings of water a day. No matter how much you drink, it always adds up to zero calories. So try having agua instead of soda or other high-calorie, low-nutrition drinks as often as possible!



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- Featured Specials of the Day*
- Monday, May 18**
 BBQ Sandwich
 French Fries
 Let & Tom
 - Tuesday, May 19**
 Beef Taco
 Beans, Shredded Let & Tom
 Salsa, Sour Cream & Cheese
 - Wednesday, May 20**
 Popcorn Chicken
 Waffle Fries, Celery Sticks
 Roll
 - Thursday, May 21**
 Grilled Hot Dogs
 Chips, Veg Sticks
 - Friday, May 22**
 Pizza or Manager's Special
 Corn, Carrots w/ Ranch
 - Monday, May 25**
MEMORIAL DAY ✶ **NO SCHOOL TODAY**
 - Tuesday, May 26**
 Mexican Pizza, Beans,
 Baby Carrots, Salsa
 - Wednesday, May 27**
 Ham and Cheese Sandwich
 Chips, Veg Sticks
 - Thursday, May 28**
 Turkey Wrap
 Chips, Veg Sticks
 - Friday, May 29**
 It's Summer Break!!!



Where do all of our crazy food names and phrases come from?



This month:
"Take it with a grain of salt"

Has anyone ever told you to take something "with a grain of salt"? It means that you shouldn't necessarily believe what you're being told. The Latin words for "salt" and "wisdom" are the same, so some say that the phrase means "use your wisdom to decide if this is true." But feel free to take this explanation (wait for it) with a grain of salt! Just one of those food-related sayings that so often "spice up" our language!

