



**Menus for  
May &  
June  
2022**

**Florence School  
District Five**

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

# CINCO de MAYO

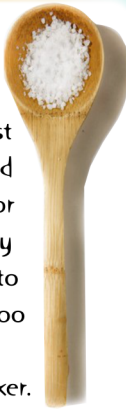
Cinco de Mayo (Spanish for "May Fifth") is a time to celebrate Mexican-American food and culture in the U.S. It's a much bigger deal here than it is in Mexico!



**MOTHER'S DAY  
MAY 8**

## COOK FRESH.

A lot of processed foods – cereal, ketchup, cheese, and soda, to name just a few common items -- are often loaded with sodium (whether you can taste it or not) and most restaurant meals are very high in salt, too. In fact, the best way to be sure that your family is not eating too much sodium is to cook fresh foods at home and keep your hands off the shaker.



**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.  
WELLNESS IS A WAY OF LIFE!**

**1 AND ONLY!**  
Only one town in the U.S. is simply named "Beach" -- and it's in North Dakota, which is land-locked! The town was named after a person, Captain Warren Beach.

| Monday, May 2  | Tuesday, May 3  | Wednesday, May 4  | Thursday, May 5  | Friday, May 6   |
|--|---|---|--|---|
| <p><b>Breakfast</b><br/>Blueberry Muffin<br/>Fruit &amp; Juice Choice<br/>Milk Choice</p> <p><b>Lunch</b><br/>Chef Salad<br/>w/ Ham &amp; Crackers<br/>Or<br/>Popcorn Chicken w/ Roll<br/>Green Beans<br/>Yams<br/>Fruit &amp; Milk Choice</p>         | <p><b>Breakfast</b><br/>Sausage Biscuit<br/>Fruit &amp; Juice Choice<br/>Milk Choice</p> <p><b>Lunch</b><br/>Southwest Salad<br/>w/ Chicken &amp; Crackers<br/>Or<br/>Chicken Filet Sandwich<br/>Lettuce / Tomato / Mayo<br/>Waffle Fries<br/>Fruit &amp; Milk Choice</p> | <p><b>Breakfast</b><br/>Waffles<br/>Fruit &amp; Juice Choice<br/>Milk Choice</p> <p><b>Lunch</b><br/>Chef Salad<br/>w/ Ham &amp; Crackers<br/>Or<br/>Steak &amp; Gravy w/ Roll<br/>Mashed Potatoes<br/>Black-Eyed Peas<br/>Fruit &amp; Milk Choice</p>  | <p><b>Breakfast</b><br/>Pop Tart &amp; Yogurt<br/>Fruit &amp; Juice Choice<br/>Milk Choice</p> <p><b>Lunch</b><br/>Southwest Salad<br/>w/ Chicken &amp; Crackers<br/>Or<br/>Hamburger<br/>French Fries<br/>Lettuce / Tomato / Mayo<br/>Fruit &amp; Milk Choice</p> | <p><b>Breakfast</b><br/>Cereal w/ Graham Crackers<br/>Fruit &amp; Juice Choice<br/>Milk Choice</p> <p><b>Lunch</b><br/>MANAGER'S CHOICE</p> |
| Monday, May 9  | Tuesday, May 10   | Wednesday, May 11   | Thursday, May 12   | Friday, May 13  |
| <p><b>Breakfast</b><br/>Cinnamon Roll<br/>Fruit &amp; Juice Choice<br/>Milk Choice</p> <p><b>Lunch</b><br/>Chef Salad<br/>w/ Ham &amp; Crackers<br/>Or<br/>Chicken &amp; Rice w/ Roll<br/>Black-Eyed-Peas<br/>Collards<br/>Fruit &amp; Milk Choice</p> | <p><b>Breakfast</b><br/>Chicken Biscuit<br/>Fruit &amp; Juice Choice<br/>Milk Choice</p> <p><b>Lunch</b><br/>Southwest Salad<br/>w/ Chicken &amp; Crackers<br/>Or<br/>Pizza<br/>Corn<br/>Salad w/ Ranch<br/>Fruit &amp; Milk Choice</p>                                   | <p><b>Breakfast</b><br/>Pancake Pup<br/>Fruit &amp; Juice Choice<br/>Milk Choice</p> <p><b>Lunch</b><br/>Chef Salad<br/>w/ Ham &amp; Crackers<br/>Or<br/>BBQ Chicken w/ Roll<br/>Mashed Potatoes<br/>Broccoli w/ Cheese<br/>Fruit &amp; Milk Choice</p> | <p><b>Breakfast</b><br/>Breakfast Pizza<br/>Fruit &amp; Juice Choice<br/>Milk Choice</p> <p><b>Lunch</b><br/>Southwest Salad<br/>w/ Chicken &amp; Crackers<br/>Or<br/>Hamburger<br/>French Fries<br/>Lettuce / Tomato / Mayo<br/>Fruit &amp; Milk Choice</p>       | <p><b>Breakfast</b><br/>French Toast Sticks<br/>Fruit &amp; Juice Choice<br/>Milk Choice</p> <p><b>Lunch</b><br/>MANAGER'S CHOICE</p>       |

# NUTRITION TO GO

Broccoli is an excellent source of vitamin C and beta carotene, both of which can help fight cancer. Frozen broccoli actually has more beta carotene (but less vitamin C) than fresh. Steaming fresh broccoli is the best way to retain nutrients and avoid the "too strong" flavor that results from overcooking.

## A QUICK BITE FOR PARENTS

# Word of the Month

## cit·i·zen·ship

n. 1. the state of being vested with the rights, privileges, and duties of a citizen. 2. the character of an individual viewed as a member of society; behavior in terms of the duties, obligations, and functions of a citizen.

## ENJOY YOUR SUMMER!



Thanks For Your Business This Year!

Monday, May 16

### Breakfast

Blueberry Muffin  
Fruit & Juice Choice  
Milk Choice

### Lunch

Chef Salad  
w/ Ham & Crackers  
Or  
Chicken Filet Sandwich  
Waffle Fries  
Lettuce / Tomato / Mayo  
Fruit & Juice Choice

Tuesday, May 17

### Breakfast

Sausage Biscuit  
Fruit & Juice Choice  
Milk Choice

### Lunch

Southwest Salad  
w/ Chicken & Crackers  
Or  
Pizza  
Corn  
Salad w/ Ranch  
Fruit & Juice Choice

Wednesday, May 18

### Breakfast

Waffles  
Fruit & Juice Choice  
Milk Choice

### Lunch

Chef Salad  
w/ Ham & Crackers  
Or  
BBQ Chicken w/ Roll  
Mashed Potatoes  
Broccoli w/ Cheese  
Fruit & Juice Choice

Thursday, May 19

### Breakfast

Pop Tart & Yogurt  
Fruit & Juice Choice  
Milk Choice

### Lunch

Southwest Salad  
w/ Chicken & Crackers  
Or  
Tacos w/ Cheese  
Pinto Beans  
Lettuce / Tomato / Salsa  
Fruit & Milk Choice

Friday, May 20

### Breakfast

Cereal w/ Graham Crackers  
Fruit & Juice Choice  
Milk Choice

### Lunch

MANAGER'S  
CHOICE

Monday, May 23

### Breakfast

Cinnamon Roll  
Fruit & Juice Choice  
Milk Choice

### Lunch

Chef Salad  
w/ Ham & Crackers  
Or  
Chicken Nuggets  
Mac & Cheese  
Black-Eyed-Peas  
Salad w/ Ranch  
Fruit & Milk Choice

Tuesday, May 24

### Breakfast

Chicken Biscuit  
Fruit & Juice Choice  
Milk Choice

### Lunch

Southwest Salad  
w/ Chicken & Crackers  
Or  
BREAKFAST FOR LUNCH  
Sausage Patties w/ Biscuit  
Tater Tots & Sliced Tomatoes  
Fruit & Milk Choice

Wednesday, May 25

### Breakfast

Pancake Pup  
Fruit & Juice Choice  
Milk Choice

### Lunch

Chef Salad  
w/ Ham & Crackers  
Or  
Spaghetti w/ Breadstick  
Corn  
Salad w/ Ranch  
Fruit & Milk Choice

Thursday, May 26

### Breakfast

Breakfast Pizza  
Fruit & Juice Choice  
Milk Choice

### Lunch

MANAGER'S  
CHOICE

Friday, May 27

### Breakfast

French Toast Sticks  
Fruit & Juice Choice  
Milk Choice

### Lunch

MANAGER'S  
CHOICE

Monday, May 30



Tuesday, May 31

### Breakfast

Sausage Biscuit  
Fruit & Juice Choice  
Milk Choice

### Lunch

MANAGER'S  
CHOICE

Wednesday, June 1

### Breakfast

Waffles  
Fruit & Juice Choice  
Milk Choice

### 1/2 Day of School

### Lunch

MANAGER'S  
CHOICE

Thursday, June 2

### Breakfast

Pop Tart & Yogurt  
Fruit & Juice Choice  
Milk Choice

### 1/2 Day of School

### Lunch

MANAGER'S  
CHOICE

Friday, June 3



No School  
Teacher Workday