

# Menus for

# May



**FES GES  
RCES RMS  
SCES  
SCMS**

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



Cafeteria Employee  
Appreciation Day  
May 5th



**\*MAKE SURE TO CHECK BELOW SO\*  
YOU DON'T MISS IMPORTANT  
\*\*\*\*\*DATES!\*\*\*\*\***

## FES

**Friday, May 5**  
Kindergarten Registration  
9AM-2PM  
**Tuesday, May 16**  
5th Grade  
Promotion

## GES

**Tuesday, May 16**  
9:00AM Pre-K Graduation  
**Thursday, May 18**  
9:00AM 5th Grade  
Celebration  
**Monday, May 22**  
K-4 Awards  
8:30-9AM Kindergarten  
9:30-10AM 4th Grade  
10:30-11AM 2nd Awards  
11:30-12PM 3rd Grade  
12:30-1PM 1st Grade

## RCES

**Tuesday, May 16**  
Pre-K Graduation  
**Thursday, May 18**  
5th Awards Day  
**Monday, May 22**  
K-4th Awards Day

## SCES

**Tuesday, May 16**  
9:00AM Pre-K Graduation  
**Wednesday, May 17**  
9:00AM K-2 Awards Day  
1:00PM 3-4 Awards Day  
**Thursday, May 18**  
11:00AM 5th Grade Graduation

## RMS

**Wednesday, May 10**  
9:00AM Eagles of Excellence  
**Wednesday, May 17**  
9:00AM 8th Grade  
Graduation  
11:00AM 6th Grade Awards  
1:00PM 7th Grade Awards

## SCMS

**Tuesday, May 2**  
6:00PM Top 10 Banquet  
**Friday, May 12**  
8th Creek Day  
**Tuesday, May 16**  
9:00AM 6th/7th Grade  
Awards  
**Thursday, May 18**  
9:00AM 8th Grade

## RCHS

**Friday, May 12**  
9:00AM Senior Awards  
**Friday, May 19**  
7:00PM GRADUATION

## Monday, May 1

### Breakfast

Cinni Minis, Strawberry Pop-Tart,  
OR Cereal & Graham Crackers  
Choice of Fruit  
100% Orange Juice  
Choice of Milk

### Lunch

#### Choice of One

Pizza  
Toasted Cheese Sandwich  
Grab-N-Go  
~~~~~  
Ranch Roasted Broccoli  
Corn  
Fruit  
Choice of Milk

## Tuesday, May 2

### Breakfast

Apple Frudel, Strawberry Pop-Tart,  
OR Cereal & Graham Crackers  
Choice of Fruit  
100% Orange Juice  
Choice of Milk

### Lunch

#### Choice of One

Pulled Chicken Sliders  
Grab-N-Go  
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French Fries, Fresh Pepper Cup  
Fruit, Choice of Milk



## Wednesday, May 3

### Breakfast

Strawberry/ Banana Yogurt,  
Strawberry Pop-Tart,  
OR Cereal & Graham Crackers  
Choice of Fruit  
100% Orange Juice  
Choice of Milk

### Lunch

#### Choice of One

Hamburger  
Cheeseburger  
Breaded Chicken Sandwich  
Grab-N-Go  
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Leafy Green Trimmings  
French Fries  
Baby Carrots, Fruit  
Choice of Milk

## Thursday, May 4

### Breakfast

Chicken Tender Biscuit,  
Strawberry Pop-Tart,  
OR Cereal & Graham Crackers  
Choice of Fruit  
100% Orange Juice  
Choice of Milk

### Lunch

#### Choice of One

Chicken Tenders  
Grab-N-Go  
~~~~~  
Creamed Potatoes  
Green Beans  
Hot Roll  
Fruit  
Choice of Milk

## Friday, May 5



### Breakfast

Cereal & Graham Crackers  
OR Strawberry Pop-Tart  
Choice of Fruit, 100% Orange Juice  
Choice of Milk

### Lunch

#### Choice of One

Beef Nachos W/Queso Cheese, Grab-N-Go  
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Tortilla Scoops, Refried Beans  
Mexicali Corn, Salsa  
Fruit, Choice of Milk

We our  
nurses!

## Monday, May 8

### Breakfast

Breakfast Pizza, Strawberry Pop-  
Tart, OR Cereal & Graham Crackers  
Choice of Fruit  
100% Orange Juice  
Choice of Milk

### Lunch

#### Choice of One

Garlic Cheese Bread  
W/ Marinara Sauce  
Grab-N-Go  
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Leafy Green Salad, Lite Ranch  
Corn, Fruit,  
Choice of Milk

## Tuesday, May 9

### Breakfast

Cinnamon Roll,  
Strawberry Pop-Tart,  
OR Cereal & Graham Crackers  
Choice of Fruit  
100% Orange Juice  
Choice of Milk

### Lunch

#### Choice of One

Teriyaki BBQ Chicken  
Grab-N-Go  
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Steamed Broccoli, Creamed Potatoes  
Hot Roll, Fruit  
Strawberry Shortcake  
Choice of Milk



## Wednesday, May 10

### Breakfast

Banana Split,  
Strawberry Pop-Tart,  
OR Cereal & Graham Crackers  
Choice of Fruit  
100% Orange Juice  
Choice of Milk

### Lunch

#### Choice of One

Breaded Chicken Sandwich  
Grab-N-Go  
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Leafy Green Trimmings  
Sweet Potato Wedges  
Baked Beans, Fruit  
Choice of Milk

## Thursday, May 11

### Breakfast

Chicken Tender Biscuit,  
Strawberry Pop-Tart,  
OR Cereal & Graham Crackers  
Choice of Fruit  
100% Orange Juice  
Choice of Milk

### Lunch

#### Choice of One

Chicken Smackers  
Grab-N-Go  
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Creamed Potatoes  
Peas & Carrots, Hot Roll  
Fruit, Choice of Milk

## Friday, May 12

### Breakfast

Smore Breakfast Bar, Strawberry Pop-  
Tart, OR Cereal & Graham Cracker  
Choice of Fruit  
100% Orange Juice  
Choice of Milk

### Lunch

#### Choice of One

Hamburger  
Cheeseburger  
Grab-N-Go  
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Leafy Green Trimmings  
Carrot/Cucumber Cup  
French Fries, Fruit  
HAPPY BIRTHDAY TREAT  
Choice of Milk



Strawberry Milk Available May 8th-12th





This Summer!! RCES, RCHS, & SCES ONLY  
See Below for details

## Summer Feeding

Did you know there are free meals  
available in you community for your  
kids & teens this summer?

(18 & under)

PICKUP AT RCES, RCHS,  
& SCES ONLY

Every Wednesday (June 7-July 19)

10AM-11AM

NO JULY 5th PICKUP

Please call 775-7814  
with any questions

Monday, May 15

### Breakfast

Breakfast Pizza,  
Strawberry Pop-Tart  
OR Cereal & Graham Crackers  
Choice of Fruit  
100% Orange Juice  
Choice of Milk

### Lunch

**Choice of One**  
Pepperoni Pizza  
Toasted Cheese Sandwich  
Grab-N-Go

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Roasted Carrots W/ Oregano  
Corn, Fruit  
Choice of Milk

Tuesday, May 16

### Breakfast & Lunch



Manager's  
Choice

Wednesday, May 17

### Breakfast

Strawberry/Banana Yogurt,  
Strawberry Pop-Tart,  
OR Cereal & Graham Crackers  
Choice of Fruit  
100% Orange Juice  
Choice of Milk

### Lunch

**Choice of One**  
Hot Dog  
Grab-N-Go

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Coleslaw  
Chili Beans  
Fruit  
Choice of Milk

Thursday, May 18

### Breakfast

Chicken Tender Biscuit,  
Strawberry Pop-Tart,  
OR Cereal & Graham Crackers  
Choice of Fruit  
100% Orange Juice  
Choice of Milk

### Lunch

Chicken Tenders  
Grab-N-Go

~~~~~  
Creamed Potatoes  
Green Beans, Hot Roll  
Fruit  
Choice of Milk

Friday, May 19

### Breakfast

Cereal & Graham Crackers  
OR Strawberry Pop-Tart  
Choice of Fruit  
100% Orange Juice  
Choice of Milk

### Lunch

**Choice of One**  
Hamburger  
Cheeseburger  
Chicken Sandwich  
Grab-N-Go

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Leafy Green Trimmings  
Carrot/ Cucumber Cup  
French Fries  
Fruit  
Choice of Milk

Monday, May 22

### Breakfast & Lunch



Manager's  
Choice

Tuesday, May 23



Professional  
Development  
Day

Wednesday, May 24

Half Day



Check below for tips to stay  
healthy and active while on your  
Summer Break!

See you next year!



## FAIRNESS

Character Trait  
of the Month

Practicing justice,  
equity, & equality.  
Cooperating with one  
another. Recognizing  
the uniqueness &  
value of each  
individual within our  
diverse society.



### STAY HYDRATED

As temperatures rise, kids need to stay hydrated. Drink a full glass of water before playing. Plan your outdoor activities early in the morning or late in the afternoon to avoid the hottest parts of the day.

### EAT HEALTHY FOOD

Continue to make smart food choices. Include plenty of fruits and veggies & foods that are high in fiber & protein.

### EXERCISE

Kids need to stay active during the summer. Outdoor activities like biking, swimming, or playing tennis are a great & fun way to keep the kids moving.