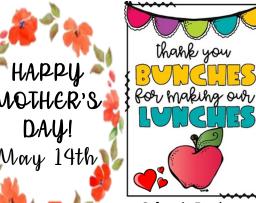
Menus for



FES GES **RCES** RMS **SCES SCMS**

> This institution is an equal opportunity provider. Menus are subiect to chanae.



Cafeteria Employee Appreciation Day May 5th





Friday, May 5

CINCO DE MAYO **Breakfast**

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

Mexicali Corn, Salsa Fruit, Choice of Milk



RCES

Tuesday, May 16 Pre-K Graduation Thursday, May 18 5th Awards Day

FES

Friday, May 5

Kindergarten Registration

9AM-2PM

Tuesday, May 16

5th Grade

Promotion

Monday, May 22 K-4th Awards Day

RMS

Wednesday, May 10 9:00AM Eagles of Excellence Wednesday, May 17 9:00AM 8th Grade Graduation

II:00AM 6th Grade Awards 1:00PM 7th Grade Awards

RCHS

Friday, May 12 9:00AM Senior Awards

Friday, May 19

GES

MAKE SURE TO CHECK BELOW SO YOU DON'T MISS IMPORTANT

*****DATES!*****

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-IPM 1st Grade

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 II:00AM 5th Grade Graduation

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

Monday, May I

Breakfast

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

Lunch Choice of One

Pizza Toasted Cheese Sandwich Grab-N-Go

Ranch Roasted Broccoli Corn

> Fruit Choice of Milk

Monday, May 8

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

Breakfast

Breakfast Pizza, Strawberry Pop-

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

French Fries, Fresh Pepper Cup Fruit, Choice of Milk

Teacher Appreciation

Tuesday, May 9

Strawberry Pop-Tart.

OR Cereal & Graham Crackers

Choice of Fruit

Breakfast

Cinnamon Roll

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

Leafy Green Trimmings French Fries Baby Carrots, Fruit Choice of Milk

Wednesday, May 10

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

Lunch

Choice of One

Beef Nachos W/Oueso Cheese, Grab-N-Go

Tortilla Scoops, Refried Beans

We



a nurses!

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

Leafy Green Trimmings Sweet Potato Wedges Baked Beans, Fruit Choice of Milk

Thursday, May II

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

Creamed Potatoes Peas & Carrots, Hot Roll Fruit, Choice of Milk

Friday, May 12

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

Lunch Choice of One

Hamburger Cheeseburger Grab-N-Go

Leafy Green Trimmings Carrot/Cucumber Cup French Fries, Fruit HAPPY BIRTHDAY TREAT Choice of Milk

Breakfast

7:00PM GRADUATION

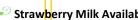
Leafy Green Salad, Lite Ranch Hot Roll, Fruit Corn, Fruit, Strawberry Shortcake Choice of Milk Choice of Milk

100% Orange Juice Choice of Milk Lunch

Choice of One Teriyaki BBQ Chicken Grab-N-Go

Steamed Broccoli, Creamed Potatoes





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

Roasted Carrots W/ Oregano Corn, Fruit Choice of Milk

Tuesday, May 16

Breakfast & Lunch



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

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 luice 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

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

Monday, May 22

Breakfast & Lunch



Tuesday, May 23



Professional Development Day

Wednesday, May 24

Half Day





Check below for tips to stay healthu 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.