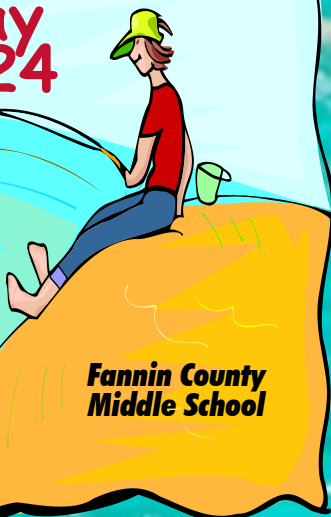


Menus for May 2024



**Fannin County
Middle School**

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

Available Daily

A Choice of Milk:

Fat Free—Chocolate, 1%—White

Monday, Wednesday & Friday Custom Salad Bar w/ a variety of Proteins, Greens, Fresh Vegetables and Condiments

**Wednesdays Griller Cheeseburger
Tuesdays & Thursdays Stuffed Crust
Pepperoni Pizza**

**Potato Bar: Pulled pork or Chili along w/
Cheese sauce & Salad bar**

**Taco & Nacho Bar: Seasoned Pulled
Chicken or Fajita Chicken or Beef along
w/ Cheese Sauce & Salad bar**

**Si es necesario que esta información
sea traducida en su idioma, por fa-
vor de comunicarse con la escuela de
su hijo.**

Featured Specials of the Day

Wednesday, May 1

Fish Sticks w/Macaroni & Cheese, Mac & Cheese w/ Roll,
Munchbox Italiano or Power Pack,
Corn, Fresh Veggie Dippers, Green Beans,
100% Fruit Juice, Seasonal Fresh Fruit

Thursday, May 2

BBQ Pork Sandwich, Chicken Noodle Soup, Thai Chicken Salad,
Seasoned Potato Wedges, Baked Beans, Side Salad, Pickles,
100% Fruit Juice, Banana

Friday, May 3

Cheese Pizza Bagel Bites, Beef Hotdog,
Munchbox Power Pack, Fresh Veggie Dippers,
Baby Carrots, Side Salad, 100% Fruit Juice, Fresh Seasonal Fruit



**SCHOOL LUNCH
HERO DAY**

MAY 3RD

AND SCHOOL NUTRITION EMPLOYEE APPRECIATION WEEK

Monday, May 6

Signature Philly Cheese Meatball Sub, Custom Salad Bar, Potato Bar,
Sister Shubert's Roll, Ultimate Fresh Veggie Bar, Baked Beans,
100% Fruit Juice, Peaches

Tuesday, May 7

Popcorn Chicken w/Roll, Charcuterie Box,
Creamed Potatoes, Gravy, Steamed Broccoli,
100% Fruit Juice, Fresh Apple Slices

Wednesday, May 8

Fajita Chicken or Beef Nacho Bar, Custom Salad Bar,
Potato Tots, Ultimate Fresh Veggie Bar,
100% Fruit Juice, Seasonal Fresh Fruit

Thursday, May 9

Mac & Cheese w/ Buffalo Bites, Mac & Cheese w/ WG Roll,
Thai Chicken Salad, Corn, Baked Sweet Potato
100% Fruit Juice, Banana

Friday, May 10

Thai Chicken Bowl w/Asian Rice & Roll,
Custom Salad Bar, Beef Hot Dog
Hawaiian Cole Slaw, Ultimate Fresh Veggie Bar,
100% Fruit Juice, Seasonal Fresh Fruit

eatfit

wanna stay fit?
gotta eat right!

item: hot peppers **verdict:** FIRE!!!



tip: Turns out that setting your mouth ablaze can be good for you. Hot chili peppers like habañeros, scotch bonnets, and jalapeños contain a substance called "capsaicin" that is a powerful pain reliever and that also helps curb the appetite, speed up metabolism, and burn up to 100 extra calories. The hotter the pepper the more capsaicin, so go on -- feel the burn!



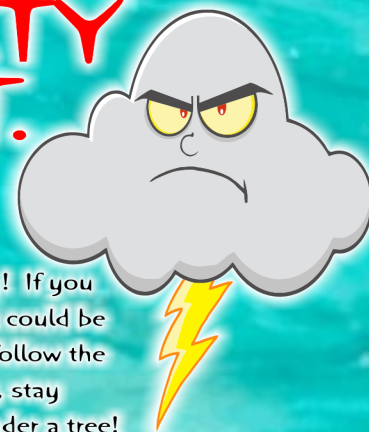
Cinco de Mayo (Spanish for "May Fifth") is a time to celebrate Mexican-American food and culture in the U.S. It's a much bigger deal here than it is in Mexico!



Cinco de Mayo (May 5th) celebrates a great Mexican military victory in 1862.

SAFETY FIRST.

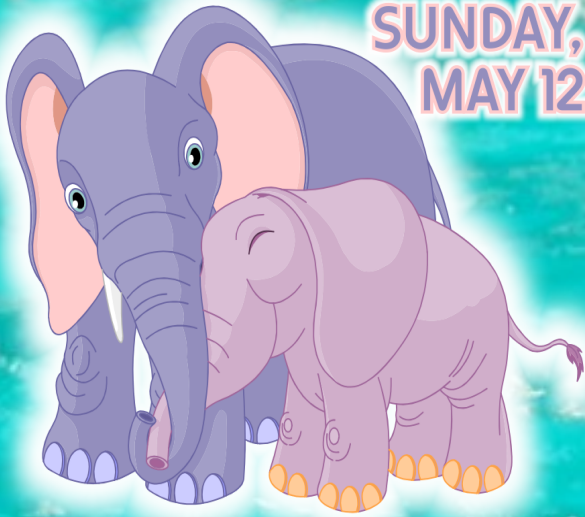
Lightning can strike even if it's not raining and the skies around you are sunny! If you can hear thunder, you could be in danger, so always follow the rule, "If thunder roars, stay indoors" – and not under a tree!



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

MOTHER'S DAY

SUNDAY, MAY 12



GET IN THE SWIM.

Spending a few hours or a day at a pool or on the beach is what summer is all about! It's fun, relaxing, and great exercise – a triple benefit for anyone's wellness! So have fun around the water this summer, but please wear sunscreen and BE SAFE. Whether you're swimming in a river, lake, ocean, pool, or water park, know your limitations and your ability. And don't ever swim alone.

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

Featured Specials of the Day

Monday, May 13

Buffalo Chicken Dip w/ Chips, Beef Steak Sandwich, Custom Salad Bar
 Ultimate Fresh Veggie Bar
 100% Fruit Juice, Pears

Tuesday, May 14

Chicken Nuggets w/Roll, Charcuterie Box
 Creamed Potatoes, Gravy, Broccoli,
 100% Fruit Juice, Blueberries w/ Whipped Topping

Wednesday, May 15

Beef or Pulled Chicken Taco Bar, Custom Salad Bar,
 Charro Pinto Beans, Ultimate Fresh Veggie Bar
 100% Fruit Juice, Seasonal Fresh Fruit

Thursday, May 16

Cheezy Twiz Sticks w/ Marinara,
 Thai Chicken Salad,
 Corn, Side Salad
 100% Fruit Juice, Banana

Friday, May 17

Chili w/ RealGrilled Cheese, Custom Salad Bar,
 Mini Corn Dogs,
 Roasted Spicy Sweet Potatoes, Ultimate Fresh Veggie Bar,
 100% Fruit Juice, Seasonal Fresh Fruit

this month: sushi

There are some foods that most people don't start eating until they grow up. Take sushi. Oh sure, you might eat California rolls or other types of sushi that don't contain raw fish. But that's the thing about REAL sushi: it contains raw fish! And that takes some getting used to. But maybe some day you'll see that in its pure form – a simple combination of raw fish, rice, and vegetable – sushi is nutritious, delicious – and even artistic!



Featured Specials of the Day

Monday, May 20

Chicken Parmesan Sub, Custom Salad Bar, Baked Potato Bar
 Baked Beans, Ultimate Fresh Veggie Bar,
 100% Fruit Juice, Peaches

Tuesday, May 21

Popcorn Chicken w/Roll, Charcuterie Box,
 Creamed Potatoes, Gravy, Steamed Broccoli,
 100% Fruit Juice, Fresh Apple Slices

Wednesday, May 22



Thursday, May 23



Friday, May 24



“Two roads diverged in a wood, and I – I took the one less traveled by, And that has made all the difference.”
 – Robert Frost

Get outside. Keep your eyes open. And enjoy!

We look forward to serving you again next year!

