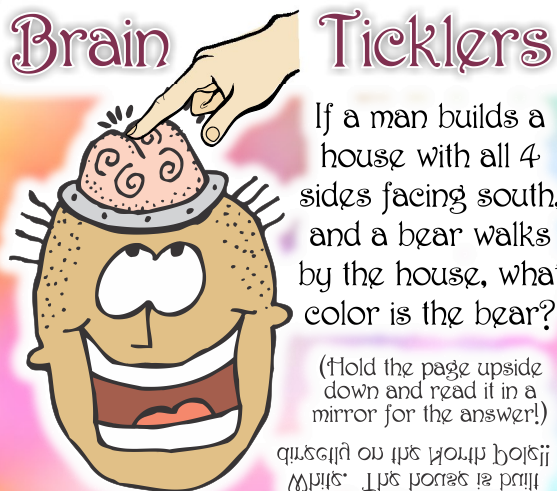




This institution is an equal opportunity provider. Menus are subject to change.



GOING NATURAL?

There's no legal definition of the word "natural" on a food label. So it doesn't really mean much at all. To truly "go natural," eat lots of whole foods

100% NATURAL

(like fruits, veggies, nuts, beans, lean protein) that don't have any other ingredients at all -- naturally.

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

Queen for a Day!



Mother's Day ♡ Sunday, May 11

Thursday, May 1

Breakfast

French Toast Sticks
Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken
Or
Teriyaki Chicken w/ Rice
Glazed Carrots,
Celery Sticks, Roll
Fruit & Milk Choice

Friday, May 2

Breakfast

Cereal Bar or Cereal
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
Or
Pizza
Corn
Salad w/ Ranch
Fruit & Milk Choice

Monday, May 5

Breakfast

Blueberry Muffin
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
Or
Grilled Chicken Sandwich
French Fries, Lettuce and
Tomato
Fruit & Milk Choice

Tuesday, May 6

Breakfast

Sausage Biscuit
Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken
Or
Mexican Pizza
Pinto Beans
Salad w/ Ranch
Fruit & Milk Choice

Wednesday, May 7

Breakfast

Pop Tart and Yogurt
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
Or
Spaghetti w/ Meat Sauce
Green Beans
Carrots w/ Ranch
Roll
Fruit & Milk Choice

Thursday, May 8

Breakfast

Breakfast Pizza
Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken
Or
Popcorn Chicken
Green Beans
Roll
Fruit & Milk Choice

Friday, May 9

Breakfast

Cereal Bar or Cereal
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
Or
Hot Dog, Chili,
French Fries, Beans
Fruit & Milk Choice

Monday, May 12

Breakfast

Cinnamon Roll
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
Or
Cheeseburger
Sweet Potato Fries
Lettuce / Tomato / Mayo
Fruit & Milk Choice

Tuesday, May 13

Breakfast

Mini Pancakes
Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken
Or
Beef Tacos
Pinto Beans
Let/Tom
Fruit & Milk Choice

Wednesday, May 14

Breakfast

Pancake Pup
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
Or
Shepherd's Pie
Mixed Vegetables
Mashed Potatoes
Roll
Fruit & Milk Choice

Thursday, May 15

Breakfast

French Toast Sticks
Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken
Or
Garlic Parm Wings
Mac n Cheese, Carrots w/
Ranch, Roll
Fruit & Milk Choice

Friday, May 16

Breakfast

Cereal Bar or Cereal
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
Or
Pizza
Corn
Salad w/ Ranch
Fruit & Milk Choice

Monday, May 19

Breakfast
Blueberry Muffin
Fruit, Juice, & Milk Choice

Lunch
Chef Salad w/ Ham
Or
Sloppy Joes on Bun
Fries, Celery Sticks
Fruit & Milk Choice

Tuesday, May 20

Breakfast
Sausage Biscuit
Fruit, Juice, & Milk Choice

Lunch
Southwest Salad w/ Chicken
Or
Mexican Pizza
Pinto Beans
Salad w/ Ranch
Fruit & Milk Choice

Wednesday, May 21

Breakfast
Pop Tart and Yogurt
Fruit, Juice, & Milk Choice

Lunch
Chef Salad w/ Ham
Or
Beefy Macaroni
Corn
Salad w/ Ranch
Breadstick
Fruit & Milk Choice

Thursday, May 22

Breakfast
Breakfast Pizza
Fruit, Juice, & Milk Choice

Lunch
Southwest Salad w/ Chicken
Or
Hot Dog, French Fries,
Carrots
Fruit & Milk Choice

Friday, May 23

Breakfast
Cereal Bar or Cereal
Fruit, Juice, & Milk Choice

Lunch
Chef Salad w/ Ham
Or
Pizza
Corn
Salad w/ Ranch
Fruit & Milk Choice

Monday, May 26



MEMORIAL DAY
NO SCHOOL TODAY

Tuesday, May 27

Breakfast
Mini Pancakes
Fruit, Juice, & Milk Choice

Lunch
Walking Taco
Black Beans
Salad w/ Ranch
Fruit & Milk Choice

Wednesday, May 28

Breakfast
Pancake Pup
Fruit, Juice, & Milk Choice

Lunch
Chicken Nuggets
French Fries
Roll
Fruit & Milk Choice

Thursday, May 29

Breakfast
Cereal Bar or Cereal
Fruit, Juice, & Milk Choice

Lunch
Ham & Cheese Croissant
Carrots w/ ranch
Sun Chips
Fruit & Milk Choice

ENJOY YOUR SUMMER!




**Thanks
For Your
Business
This Year!**

VEGETABLE

Corn

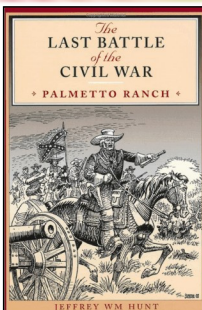
Among the fantastic fresh summer foods we all anticipate, fresh corn on the cob is certainly a favorite. Technically, corn is a grain, but most often we use it like a vegetable. In most parts of the U.S., fresh sweet corn season is in full swing from July through September.



OF THE MONTH

★ OUR NATION'S HISTORY ★

The LAST BATTLE of the CIVIL WAR
PALMETTO RANCH



The American Civil war did not end in April 1865 with General Lee's surrender to General Grant in Virginia. A larger Confederate army surrendered in North Carolina several weeks later. And the final battle of the bloodiest war in American history didn't take place until May 1865, 150 years ago this month, at Palmetto Ranch, Texas, near the Mexican border. Ironically, this last engagement was a victory for the Confederate forces despite their losing the war!

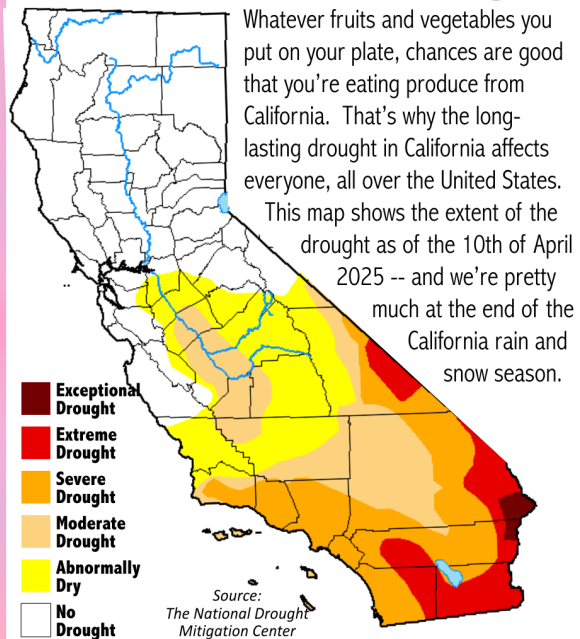
The Last Battle of the Civil War: Palmetto Ranch, by Jeffrey W. Hunt

★ WITH LIBERTY & JUSTICE FOR ALL ★

What's on YOUR plate?



When California is dry, we're all in a drought



Percentages of U.S. production that comes from California:

Walnuts 99%	Garlic 95%
Almonds 99%	Strawberries 92%
Artichokes 99%	Grapes 91%
Pistachios 98%	Tomatoes 90%
Kiwis 97%	Cauliflower 89%
Plums 97%	Lettuce 74%
Broccoli 95%	Spinach 71%
Celery 95%	Carrots 69%

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html