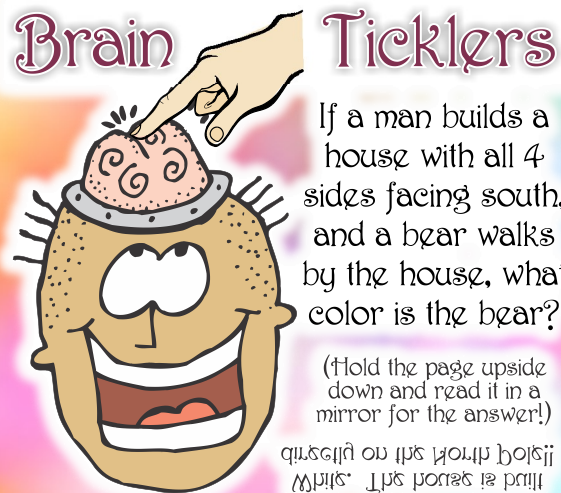




This institution is an equal opportunity provider. Menus are subject to change.



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

Biscuits and Sausage Gravy
Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken or Uncrustable or Garlic Parm Wings
Green Bean, Veggie Sticks, Mac and Cheese, Roll
Fruit & Milk Choice

Friday, May 2

Breakfast

Chicken and Waffle Sandwich
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham or Uncrustable or Pizza or Manager's Choice
Carrots w/ Ranch Salad w/ Ranch
Fruit & Milk Choice

Monday, May 5

Breakfast

Grits and Eggs
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham or Uncrustable or Cheeseburger French Fries
Lettuce / Tomato / Mayo
Fruit & Milk Choice

Tuesday, May 6

Breakfast

Biscuits and Sausage Gravy
Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken or Uncrustable or Mexican Pizza
Beans, Carrots
Fruit & Milk Choice

Wednesday, May 7

Breakfast

Grits and Eggs
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham or Uncrustable or Shrimp n Grits or Pork Carnitas and Grits
Mixed Vegetables Biscuit
Fruit & Milk Choice

Thursday, May 8

Breakfast

Biscuits and Sausage Gravy
Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken or Uncrustable or Buffalo Wings
Green Beans, Tater Tots Roll
Fruit & Milk Choice

Friday, May 9

Breakfast

Sausage Biscuit
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham or Uncrustable or Pizza or Manager's Choice
French Fries
Salad w/ Ranch
Fruit & Milk Choice

Monday, May 12

Breakfast

Grits and Eggs
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham or Uncrustable or Pork Chop Sandwich
Fries, Cucumber Slices
Fruit & Milk Choice

Tuesday, May 13

Breakfast

Biscuits and Sausage Gravy
Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken or Uncrustable or Beef Tacos or Walking Tacos
Pinto Beans Let/Tom
Fruit & Milk Choice

Wednesday, May 14

Breakfast

Grits and Eggs
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham or Uncrustable or Grilled Chicken and Mashed Potatoes, Carrot w Ranch
Mixed Vegetables Roll
Fruit & Milk Choice

Thursday, May 15

Breakfast

Biscuits and Sausage Gravy
Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken or Uncrustable or Popcorn Chicken
Broccoli, Tater Tots Roll
Fruit & Milk Choice

Friday, May 16

Breakfast

Chicken and Waffle Sandwich
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham or Uncrustable or Pizza or Manager's Choice
Carrots w Ranch Salad w/ Ranch
Fruit & Milk Choice

Monday, May 19

Breakfast
Grits and Eggs
Fruit, Juice, & Milk Choice

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

Tuesday, May 20

Breakfast
Biscuits and Sausage Gravy
Fruit, Juice, & Milk Choice

Lunch
Southwest Salad w/ Chicken
or Uncrustable or
Mexican Pizza
Beans, Carrots
Fruit & Milk Choice

Wednesday, May 21

Breakfast
Grits and Eggs
Fruit, Juice, & Milk Choice

Lunch
Chef Salad w/ Ham
or Uncrustable or
Beef Stroganoff
Salad w Ranch, Corn
Roll
Fruit & Milk Choice

Thursday, May 22

Breakfast
Biscuits and Sausage Gravy
Fruit, Juice, & Milk Choice

Lunch
Southwest Salad w/ Chicken
or Uncrustable or
Fried Shrimp, Corn, Salad w/
Ranch
Fruit & Milk Choice

Friday, May 23

Breakfast
Sausage Biscuit
Fruit, Juice, & Milk Choice

Lunch
Chef Salad w/ Ham
or Uncrustable or
Pizza or
Manager's Choice
French Fries
Salad w/ Ranch
Fruit & Milk Choice

Monday, May 26



MEMORIAL DAY
NO SCHOOL TODAY

Tuesday, May 27

Breakfast
Biscuits and Sausage Gravy
Fruit, Juice, & Milk Choice

Lunch
Uncrustable or
Beef Tacos or
Walking Tacos
Black Beans
Let/Tom
Fruit & Milk Choice

Wednesday, May 28

Breakfast
Grits and Eggs
Fruit, Juice, & Milk Choice

Lunch
Chicken Nuggets
French Fries
Roll
Fruit & Milk Choice

Thursday, May 29

Breakfast
Biscuits and Sausage Gravy
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

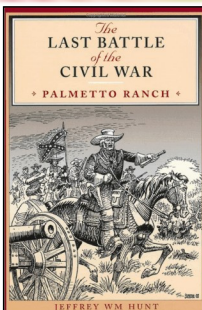
Among the fantastic fresh summer foods we all anticipate, fresh corn on the cob is certainly a favorite. Technically, corn is a grain, but most often we use it like a vegetable. In most parts of the U.S., fresh sweet corn season is in full swing from July through September.



OF THE MONTH

★ OUR NATION'S HISTORY ★

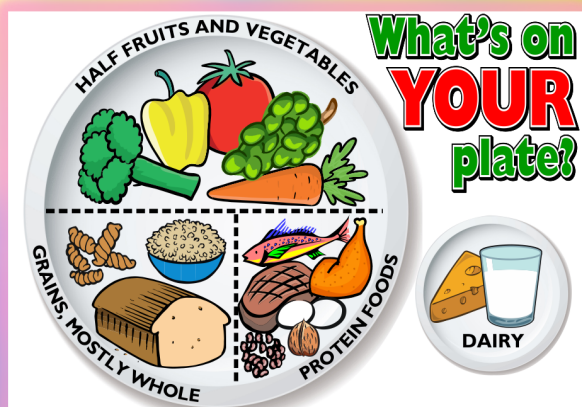
The LAST BATTLE of the CIVIL WAR
PALMETTO RANCH



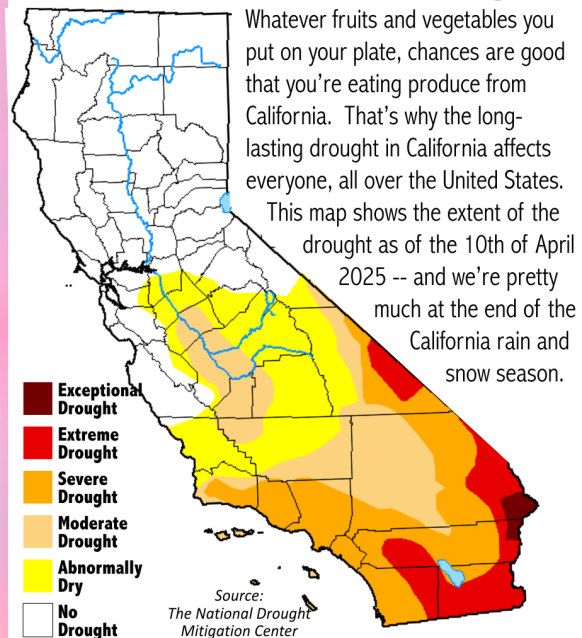
The American Civil war did not end in April 1865 with General Lee's surrender to General Grant in Virginia. A larger Confederate army surrendered in North Carolina several weeks later. And the final battle of the bloodiest war in American history didn't take place until May 1865, 150 years ago this month, 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 ★



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