






MAY MENU

NORTH ZULCH

An Uncrustable Grab N' Go is also offered everyday. Milk is offered with every meal

Monday	Tuesday	Wednesday	Thursday	Friday
2 Choice of Asian Bowl with Fried Rice Steamed Carrots Garden Salad Fruit Cup	3  Manager's Choice	4 Spaghetti with Meat Sauce and Cheesy Bites or Pizza Seasoned Vegetables Side Salad Fruit Cup	5 Cinco De Mayo! Totchos or Quesadillas Rice & Beans Side Salad Churros with Cinnamon Apples	6 BBQ Sub or Cheese Burger Basket with Fries Lettuce & Pickles Sliced Tomatoes Fresh Fruit
9 Chicken & Waffles or Chicken Strips Carrot Dippers Steamed Vegetables Fruit Cup	10 Tornados or Burritos Side Salad Pinto Beans Spanish Rice Homemade Salsa Berries & Cream	11  Manager's Choice	12 Popcorn Chicken or Drumstick Hot Roll Mashed Potatoes Steamed Broccoli Fruit Crisp	13 Chicken Sandwich or Bacon Cheese Burger Basket with Fries Lettuce & Pickles Sliced Tomatoes Fresh Fruit
16 Chicken Spaghetti with Hot Roll or Chili Dog with Fries Seasoned Vegetables Garden Salad Fresh Fruit Salad	17 Crisпитos, Burritos or Quesadillas Lettuce & Tomato Refried Beans Spanish Rice Homemade Salsa Fruit Dessert	18 Choice of Pizza Steamed Broccoli Tossed Salad Fruit Cup	19 Chicken Nuggets or Steak Fingers with Hot Roll Mashed Potatoes Seasoned Vegetables Fruit Cup	20 Enjoy your day off! 
23 Asian Bowl or Popcorn Chicken with Fried Rice Steamed Carrots Side Salad Fruit Cup	24 Burger Basket with Fries Lettuce & Pickles Sliced Tomatoes Fresh Fruit	25 Pizza Choice of Vegetables Fruit Cup	26  Grab N' Go Sack Lunch	27  Enjoy your Summer!

Unwind

What are your plans this summer? I hope you have carved out some time to relax. Here are some ways to help you do so!

- ◆ **Spend some time outdoors.** One of the best and most effective ways to boost your mood is to get outdoors and soak in a little Vitamin D.
- ◆ **Unplug from technology.** Use the summer as an excuse to be in vacation mode. Set time aside each day to be completely unplugged from technology and see what else there is to offer.
- ◆ **Step outside your comfort zone.** Try something new. It can be something simple like trying a new drink or food or a new restaurant. Every time we try something new we take a risk and feel a boost of happiness.

<http://www.healthywomen.org/content/blog-entry/10-ways-relax-summer-truly-unwind-and-unplug-be-happy-and-balanced>

An option of Cereal & Toast, Fresh Fruit or Fruit Cup, and a Choice of Juice and Milk are also offered everyday.

Breakfast

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 & 3	Breakfast Pizza	Yogurt Parfait w/ Scoobies	French Toast Sticks	Eggs w/ Bacon and Toast	Breakfast on Bun
Week 2 & 4	Yogurt & Muffin	Pig in a Blanket	Biscuit & Sausage	Eggs w/ Sausage and Toast	Pancake Wrap

This institution is an equal opportunity provider. The menu is subject to change based on supplier availability.