



Menus for **May 2022**

Fannin County Elementary Schools


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

Available Daily

Breakfast: WG Pop-Tart, Variety of WG Cereal, WG Tiger/Bug Bite WG Crackers, Fruit, Fruit Juice, Choice of Milk
Lunch: The "Munchbox" includes a variety of proteins and cheese with a serving of whole grain. Students may add fruits & vegetables to complement the meal w/ a choice of milk.

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

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!

SCHOOL LUNCH HERO DAY



MAY 3RD
AND SCHOOL NUTRITION EMPLOYEE APPRECIATION WEEK

Wednesday, May 1

Breakfast
 WG Breakfast Pizza
 OR WG Funfetti Cinnamon Roll,

Lunch
 Popcorn Chicken w/Roll
 Creamed Potatoes, Gravy, Broccoli,
 Lettuce & Sliced Tomato,
 100% Fruit Juice,
 Fresh Seasonal Fruit

Or Griller Hamburger
 OR Munchbox Power Pack

Thursday, May 2

Breakfast
 Cheesy WG Toast w/ Bacon
 Or WG Pancake Pup

Lunch
 Chili w/Tortilla Chips
 Fresh Veggie Dippers,
 Baked Potato,
 Lettuce & Diced Tomato,
 Cheese Cup,
 100% Fruit Juice, Banana

OR Turkey & Cheese Sandwich
 OR Munchbox Italiano

Friday, May 3

Breakfast
 Biscuit w/ Gravy
 Or WG Breakfast Bun

Lunch
 Cheesy Mac & Frank w/ Garlic Toast
 Corn, Fresh Veggie Dippers,
 Side Salad, 100% Fruit Juice,
 Seasonal Fresh Fruit

Or Pepperoni Pizza
 OR Munchbox Power Pack

CINCO de MAYO



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.

Monday, May 6

Breakfast
 Chicken Biscuit
 OR WG Breakfast Bun

Lunch
 Chicken Alfredo w/Garlic Toast
 Green Peas.
 Side Salad, Carrot Coins,
 100% Fruit Juice
 Peaches

OR Beef Hot Dog
 OR Bistro Munch Box

Tuesday, May 7

Breakfast
 WG Funfetti Cinnamon Roll
 OR WG Breakfast Pizza

Lunch
 Beef & Cheese Taco,
 Corn, Lettuce & Diced Tomato
 Fresh Veggie Dippers,
 100% Fruit Juice
 Fresh Apple Slices

OR RealGrilled Cheese
 OR Munchbox All American

Wednesday, May 8

Breakfast
 Sausage Biscuit OR WG Waffle

Lunch
 Chicken Nuggets w/ WG Waffle
 Creamed Potatoes, Gravy
 Broccoli,
 Lettuce & Sliced Tomatoes
 100% Fruit Juice
 Seasonal Fresh Fruit

Or Griller Hamburger
 OR Munchbox Power Pack

Thursday, May 9

Breakfast
 Cheesy WG Toast w/ Bacon
 OR WG Breakfast Bun

Lunch
 Chicken Sandwich
 Baked Beans,
 Oven Fries,
 Lettuce & Sliced Tomato,
 100% Fruit Juice
 Banana

Or Cheesy Quesadilla
 OR Munchbox Italiano

Friday, May 10

Breakfast
 Biscuit w/ Gravy
 OR WG Mini Cinni Roll

Lunch
 Fish Sticks w/ Mac & Cheese
 Fresh Veggie Dippers,
 Green Beans, Side Salad,
 100% Fruit Juice, Seasonal
 Fresh Fruit

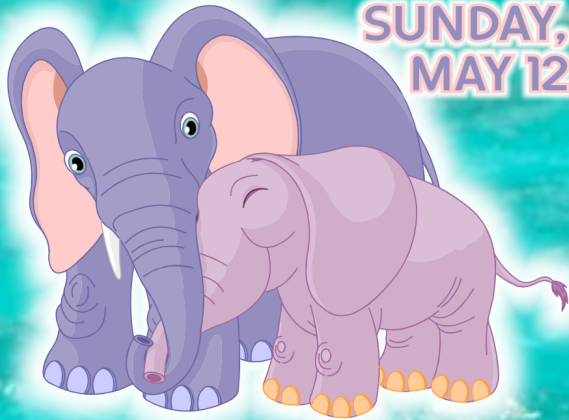
Or Cheese Pizza
 OR Munchbox Power Pack

NUTRITION TO GO

Some studies suggest that blueberries can improve brain functioning and protect against age-related mental decline. The high amount of "antioxidants" in blueberries may actually help the brain stay younger longer! Blueberry season runs from May to September.

A QUICK BITE FOR PARENTS

MOTHER'S DAY SUNDAY, MAY 12



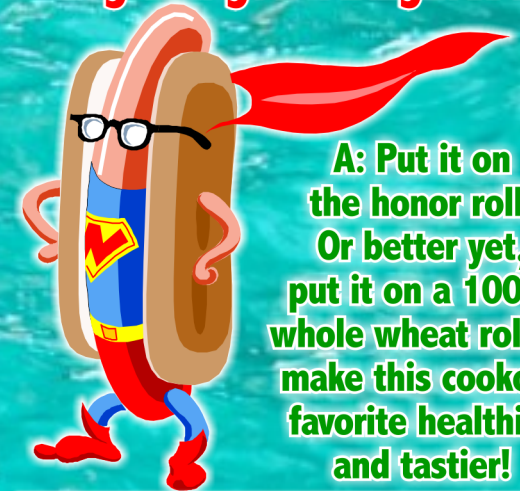
GET IN THE SWIM.

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!**



Q: What do you do with a hot dog that gets straight A's?



**A: Put it on the honor roll!
Or better yet, put it on a 100% whole wheat roll to make this cookout favorite healthier and tastier!**

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

Monday, May 13

Breakfast

Chicken Biscuit
OR WG Breakfast Bun

Lunch

Cheese Pizza Bagel Bites
Fresh Veggie Dippers,
Baked Sweet Potato,
Cole Slaw,
100% Fruit Juice,
Pears

OR Beef Hot Dog
OR Bistro Munch Box

Tuesday, May 14

Breakfast

WG Breakfast Pizza
OR WG Donut Holes

Lunch

Chicken Burrito
Fresh Veggie Dippers,
Lettuce & Tomato, Corn,
100% Fruit Juice,
Blueberries W/Whipped Topping

OR RealGrilled Cheese
OR Munchbox All American

Wednesday, May 15

Breakfast

Sausage Biscuit
OR WG Waffle,

Lunch

Popcorn Chicken w/Roll
Creamed Potatoes, Gravy,
Broccoli,
Lettuce & Sliced Tomato,
100% Fruit Juice,
Fresh Seasonal Fruit

Or Griller Hamburger
OR Munchbox Power Pack

Thursday, May 16

Breakfast

WG Pancake Pup
OR WG Breakfast Bun

Lunch

BBQ Pork Sandwich
Baked Beans,
Potato Tots,
Side Salad
100% Fruit Juice,
Banana

Or Cheesy Quesadilla
OR Munchbox Italiano

Friday, May 17

Breakfast

Biscuit w/ Gravy
Or WG Strawberry & Cream
Cheese Bagel

Lunch

Cheesy Mac & Frank
w/ Garlic Toast
Corn, Baby Carrots,
Side Salad, 100% Fruit Juice,
Seasonal Fresh Fruit

Or Pepperoni Pizza
OR Munchbox Power Pack

Monday, May 20

Breakfast

Chicken Biscuit
OR WG Breakfast Bun

Lunch

Cheezy Twiz Stick w/
Marinara Sauce
Green Beans,
Baked Sweet Potato,
Side Salad, 100% Fruit Juice,
Peaches

Or Beef Hot Dog
OR Bistro Munch Box

Tuesday, May 21

Breakfast

WG Breakfast Pizza
OR WG French Toast Sticks

Lunch

Beef & Cheese Nachos
Fresh Veggie Dippers,
Lettuce & Diced Tomato,
Chili Beans,
100% Fruit Juice,
Fresh Apple Slices

OR RealGrilled Cheese
OR Munchbox All American

Wednesday, May 22

Cook's Choice



Today's Special Selections
chosen especially for you
by our Cook!

Thursday, May 23

Cook's Choice



Today's Special Selections
chosen especially for you
by our Cook!

Friday, May 24

Cook's Choice



Today's Special Selections
chosen especially for you
by our Cook!

YOUR ASSIGNMENT

Have a GREAT
summer! We'll see
you in a few
months!

