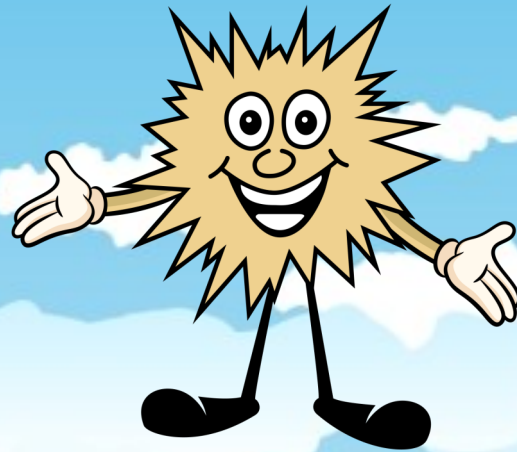


Menus for May 2026



FSD5 Johnsonville Elementary and PDCAP Headstart

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



Friday, May 1

Breakfast

Cereal Bar or Cereal
Fruit, Juice, & Milk Choice

Lunch

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

SCHOOL LUNCH SUPERHERO DAY

FRIDAY, MAY 1ST



AND
SCHOOL
NUTRITION
EMPLOYEE
APPRECIATION
WEEK
MAY 4-8

Monday, May 4

Breakfast

Breakfast Pizza
Fruit, Juice, & Milk Choice

Lunch

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

Tuesday, May 5

Breakfast

Mini Pancakes
Fruit, Juice, & Milk Choice

Lunch

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

Wednesday, May 6

Breakfast

French Toast Sticks
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
Or
Pork BBQ Sandwich
Tots
Lettuce / Tomato / Mayo
Fruit & Milk Choice

Thursday, May 7

Breakfast

Eggs & Grits or Cereal
Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken
Or
Chicken Nuggets
Mac n Cheese
Salad w/ Ranch
Fruit & Milk Choice

Friday, May 8

Breakfast

Cereal Bar or Cereal
Fruit, Juice, & Milk Choice

Lunch

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



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

Monday, May 11

Breakfast

Mini Waffles
Fruit, Juice, & Milk Choice

Lunch

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

Tuesday, May 12

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 13

Breakfast

Pancake Pup
Fruit, Juice, & Milk Choice

Lunch

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

Thursday, May 14

Breakfast

Type your breakfast choices
here, or delete this section

Lunch

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

Friday, May 15

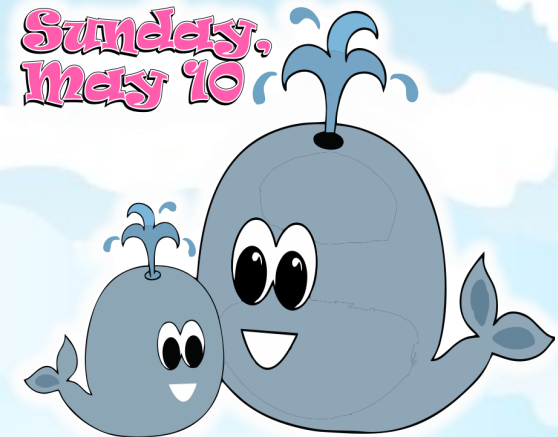
Breakfast

Cereal Bar or Cereal
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
Or
Corn Dog,
Chips,
Fruit & Milk Choice

Sunday,
May 10



Happy Mother's Day!

Where do all of our crazy food names and phrases come from?



WORDS OF MOUTH

This month:
“Take it with a grain of salt”

Has anyone ever told you to take something “with a grain of salt”? It means that you shouldn’t necessarily believe what you’re being told. The Latin words for “salt” and “wisdom” are the same, so some say that the phrase means “use your wisdom to decide if this is true.” But feel free to take this explanation (wait for it) with a grain of salt! Just one of those food-related sayings that so often “spice up” our language!



Monday, May 18

Breakfast

Breakfast Pizza
 Fruit, Juice, & Milk Choice

Lunch

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

Tuesday, May 19

Breakfast

Mini Pancakes
 Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken
 Or
 Walking Taco
 Black Beans
 Salad w/ Ranch
 Fruit & Milk Choice

Wednesday, May 20

Breakfast

French Toast Sticks
 Fruit, Juice, & Milk Choice

Lunch

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

Thursday, May 21

Breakfast

Eggs & Grits or Cereal
 Fruit, Juice, & Milk Choice

Lunch

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

Friday, May 22

Breakfast

Cereal Bar or Cereal
 Fruit, Juice, & Milk Choice

Lunch

Ham & Cheese Sandwich
 Sun Chips
 Fruit & Milk Choice

Monday, May 25



Tuesday, May 26

Breakfast

Sausage Biscuit
 Fruit, Juice, & Milk Choice

Lunch

Pork BBQ Sandwich
 Waffle Fries
 Veg Sticks
 Fruit & Milk Choice

Wednesday, May 27

Breakfast

Pancake Pup
 Fruit, Juice, & Milk Choice

Lunch

Turkey & Cheese Wrap
 Chips,
 Veg Sticks
 Fruit & Milk Choice

Thursday, May 28

Breakfast

Cereal Bar or Cereal
 Fruit, Juice, & Milk Choice

Lunch

Grilled Cheese Sandwich
 Sun Chips
 Fruit & Milk Choice



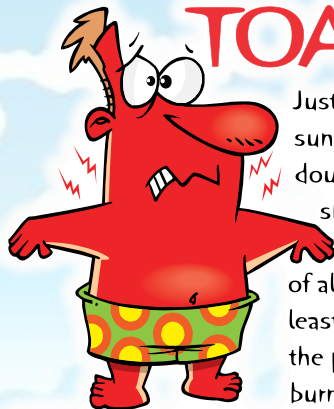
★ OUR NATION'S HISTORY ★

Memorial Day originated in the years after the Civil War to remember and honor those who had died in service to our country. At first, Memorial Day was called “Decoration Day” – literally, a day that was set aside to beautify the final resting places of our honored dead. This year, while you’re enjoying your day off, please don’t forget to honor them in your heart, too!



★ WITH LIBERTY & JUSTICE FOR ALL ★

TOASTED.



Just one bad, blistering sunburn as a child doubles your risk for skin cancer later in life. Yet more than half of all kids report having at least a minor sunburn in the past year. Don't get burned this summer!

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

HERB/SPICE

Black Pepper



We think of black pepper as a powder, but it actually starts off as fruit! The berries are dried and ground to make the spice we all know. The dried berries are called “peppercorns.”

OF THE MONTH