

# LUNCH

May 2014

ELEMENTARY

## Lunch Fact

MyPlate recommends:

- Children need at least 60 minutes of physical activity every day.
- Be active together as a family.
- Physical activity should be developmentally-appropriate, fun, and offer variety.

Reference: USDA. MyPlate.gov. Internet: <http://www.myplate.gov/>.



\* **monday**

\* **tuesday**

\* **wednesday**

\* **thursday**

\* **friday**

CONGRATULATIONS 2014 SENIORS!

*May is National Physical Fitness  
and Sports Month*

Cinco de Mayo **5**  
CRISPITO w/ CHEESE  
CORN, SALSA  
PINEAPPLE CHUNKS  
TORTILLA CHIPS ,MILK

BIEROCK **6**  
TRI TATER  
BROCCOLI & CAULIFLOWER  
CHEESE STICK  
BANANA, MILK CHOICE

TURKEY SANDWICH **7**  
LETTUCE & TOMATO  
YOGURT  
VEGETABLE STEW  
APPLESAUCE, MILK

SLOPPY JOE ON A BUN **8**  
SWEET POTATO TOTS  
BAKED BEANS  
DICED PEACHES  
MILK CHOICE

MAC & CHEESE **9**  
BEEF MEAT BALLS  
SWEET PEAS  
BABY CARROTS  
ORANGE HALVES, MILK

CHICKEN & NOODLES **12**  
MASHED POTATOES  
GREEN BEANS  
TROPICAL FRUIT  
MILK CHOICE

RIB ON A BUN **13**  
LETTUCE & TOMATO  
BAKED BEANS  
BANANA  
BROWNIE, MILK CHOICE

TONY'S PIZZA **14**  
TOSSED SALAD  
CHERRY TOMATOES  
STRAWBERRIES & PEARS  
MILK CHOICE

BISCUIT & GRAVY **15**  
SAUSAGE PATTY  
TRI TATER  
FRESH BROCCOLI  
ORANGE HALVES , MILK

CHICKEN NUGGETS **16**  
SAVORY RICE  
BABY CARROTS  
APRICOTS  
APPLE CRISP, MILK

ELEM- FISH SANDWICH **19**  
CUCUMBER & CELERY  
OVEN FRIES  
ORANGE WEDGES  
MILK CHOICE

ELEM- SCHOOL PICNIC **20**  
PBJ SANDWICH  
BABY CARROTS, CHIPS  
APPLE SLICES,  
CHEESE STICK, MILK

**21**  
NO BREAKFAST  
OR LUNCH TODAY-  
LAST DAY OF SCHOOL.

**22**  
HAVE A FUN SUMMER!

**23**

**26**

**27**

**28**

**29**

**30**