

LUNCH

May 2014

MIDDLE/HIGH SCHOOL

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
CRISPITO w/ CHEESE
CORN, SALSA
PINEAPPLE CHUNKS
TORTILLA CHIPS ,MILK

5

SUB SANDWICH
LETTUCE & TOMATO
YOGURT
VEGETABLE STEW
APPLE SAUCE, MILK

6

BIEROCK
TRI TATER
BROCCOLI & CALIFLOWER
CHEESE STICK
BANANA, MILK

7

SLOPPY JOE ON A BUN
SWEET POTATO TOTS
BAKED BEANS
ORANGE HALVES
MILK CHOICE

8

CHICKEN
SAVORY RICE
BABY CARROTS
DICED PEACHES
MILK

9

COUNTRY BEEF PATTIE
MASHED POTATOES
GREEN BEANS
TROPICAL FRUIT
MILK CHOICE

12

MEAT BALL SUB
(Turkey & Beef)
RANCH POTATOES
TOSSED SALAD
RED GRAPES , MILK

13

TONY'S PIZZA
TOSSED SALAD
CHERRY TOMATOES
PEARS
MILK CHOICE

14

BISCUIT & GRAVY
SAUSAGE PATTY
TRI TATER
FRESH BROCCOLI
APRICOTS, MILK CHOICE

15

BBQ CHICKEN
BAKED BEANS
SWEET POTATO TOTS
APPLE
BAR COOKIE, MILK

16

HAMBURGER ON A BUN
CUCUMBER & CELERY
OVEN FRIES
FRUIT CHOICE
MILK CHOICE

19

CORN DOG OR HOT DOG
TOSSED SALAD
GREEN BEANS
APPLE
GRAHAM SNACK, MILK

20

NO BREAKFAST
OR LUNCH TODAY-
LAST DAY OF SCHOOL.

21

HAVE A FUN SUMMER!

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