

# Menus for May 2010



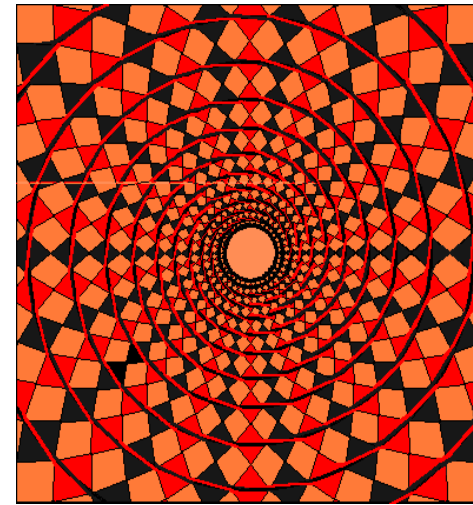
HERITAGE MIDDLE SCHOOL

*This institution is an equal opportunity provider and employer.*



## MAY BIRTHDAYS

Florence Nightingale -- May 12  
 Robert Pattinson (24) -- May 13  
 Stevie Wonder (60) -- May 13  
 Apollo Anton Ohno (28) -- May 22  
 Mary Cassatt -- May 22  
 Patrick Henry -- May 29



## Only an Illusion

This image might look like a spiral, but it's not — it's a series of circles. The background makes it **APPEAR** to be a spiral. Try tracing one of the lines if you're not convinced. You won't move inward or outward — you'll just go around in a circle.



### Monday, May 3

**Breakfast**  
 Breakfast Square  
 Cheese Stick  
 Juice

**Lunch**  
 Pepperoni Pizza  
 Sandwich  
 Fruit

### Tuesday, May 4

**Breakfast**  
 Pancakes  
 Cheese Stick  
 Juice

**Lunch**  
 Cheese Burger  
 Garlic Fries  
 Fruit  
 Sandwich

### Wed., May 5

**Breakfast**  
 Blueberry Loaf  
 Cheese Stick  
 Juice

**Lunch**  
 Turkey /Gravy  
 Stuffing  
 Corn  
 Sandwich

### Thursday, May 6

**Breakfast**  
 Bagels  
 Cream Cheese  
 Juice

**Lunch**  
 Chicken Fajitas  
 Refried Beans  
 Salsa  
 Sandwich

### Monday, May 10

**Breakfast**  
 Grab-N-Go Cereal  
 Cheese Stick  
 Juice

**Lunch**  
 Cheese Pizza  
 Fruit  
 Sandwich

### Tuesday, May 11

**Breakfast**  
 Elf Grahams  
 Peanut Butter Cup  
 Juice

**Lunch**  
 Chicken Sandwich  
 Tater Tots  
 Fruit

### Wed., May 12

**Breakfast**  
 Nutrigrain Bar  
 Cheese Stick  
 Juice

**Lunch**  
 Lasagna Rolls  
 Breadstick  
 Mixed Veggies  
 Sandwich

### Thursday, May 13

**Breakfast**  
 Bagels  
 Cream Cheese  
 Juice

**Lunch**  
 Tacos  
 Mexican  
 Salsa  
 Sandwich

Available Daily

**Milk is available at breakfast time.**

**Lunch  
 Salad bar is available daily**

**Monday, May 17**

**Breakfast**

Quaker Peanut Butter  
Granola Bar  
Cheese Stick  
Juice

**Lunch**

Pepperoni Pizza  
Fruit  
Sandwich

**Tuesday, May 18**

**Breakfast**

Banana Loaf  
Cheese Stick  
Juice

**Lunch**

Sub Sandwich  
Potato Wedges  
Fruit

**Wed., May 19**

**Breakfast**

Cinnamon Buns  
Cheese Stick  
Juice

**Lunch**

Chicken Nuggets  
Rice Pilaf  
Green Beans  
Sandwich

**Thurs, May 20**

**Breakfast**

Bagels  
Cream Cheese  
Juice

**Lunch**

Beef & Bean Burrito  
Spanish Rice  
Salsa  
Sandwich

**Monday, May 24**

**Breakfast**

Nutrigrain Bar  
Cheese Stick  
Juice

**Lunch**

Cheese Pizza  
Fruit Cup  
Sandwich

**Tuesday, May 25**

**Breakfast**

Super Donut  
Cheese Stick  
Juice

**Lunch**

Chili Mac  
Corn Bread  
Fruit  
Sandwich

**Wed., May 26**

**Breakfast**

Manager's Choice  
Juice

**Lunch**

Manager's  
Choice

Hope you have a fun and safe summer. We look forward to serving you again next school year.



**Q: How much sugar do you eat?**



**A:** If you eat like most Americans, you consume over 20 teaspoons of added sugar every single day, or 115 pounds a year. That's just what we get from processed food and drinks, without ever actually dipping a spoon in the sugar bowl. Current guidelines recommend no more than 6-9 teaspoons of added sugar a day. Want sweetness without the side effects? Get your sugar the natural way - from fresh fruit.

**LEARN MORE AT [WWW.KIDSHEALTH.ORG/KID/STAY\\_HEALTHY/FOOD/PYRAMID.HTML](http://WWW.KIDSHEALTH.ORG/KID/STAY_HEALTHY/FOOD/PYRAMID.HTML)**

**★ OUR NATION'S HISTORY ★**

It doesn't sound very American, but the White House in Washington, D.C. was originally known as the Presidential Palace. It's also been known as the



Presidential Mansion, the Executive Mansion, and the President's House. It didn't become officially known as the White House until the time of President Franklin D. Roosevelt in the 1930's.

**★ WITH LIBERTY & JUSTICE FOR ALL ★**

**Try not to grow up too fast on us.**

The school year probably seems like it takes forever to you. But to your parents (and to us), it seems like you're a baby one day and all grown up the next. If you're moving on to a new school next year, good luck. If not, we'll see you back here in a couple of months. But, either way, please do us a favor this summer: try to enjoy just being a kid. Because before you know it, a grown-up will be staring back at you from the mirror!

