



lot of people in the "Lower 48" states don't realize just how gigantic the state of Alaska is! The next three biggest states combined - Texas, California, and Montana - don't equal the size of Alaska. And if you could put Alaska inside the Lower 48 states, this is about what it would look like. The smallest state, Rhode Island, could fit into Alaska 425 times!



inco 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!

### Wednesday, May I

### Breakfast

Sausage Biscuit Lunch DELI SUB OR HONEY BBQ PORK RIB WILDCAT FRIES. GREEN BEANS, FRUIT VARIETY

### Thursday, May 2

### **Breakfast** Chicken & Waffles

Lunch ENCHILDA STYLE BEEF BURRITO OR PEANUT BUTTER & STRAWBERRY ON WWHEAT REFRIED BEANS. **CUCUMBERS & RANCH,** 

FRUIT VARIETY

### Friday, May 3

### **Breakfast** Biscuit & Gravy

Lunch PEPPERONI & CHEESE PIZZA OR PRETZEL & CHEESE COLESLAW, RANCH POTATOES. FRUIT VARIETY

### 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!** 

### Monday, May 6

#### **Breakfast**

Cinnamon Toast Bar

### Lunch

SLOPPY JOE ON A BUN NACHO CHEESE & CHIPS BAKED BEANS **CORN ON COB** FRUIT VARIETY

### Tuesday, May 7

### **Breakfast**

**Bacon Biscuit** Lunch

BEEF RAVIOLI & HOME-MADE ROLL OR

MEATLOAF SANDWICH STEAMED BROCCOLI CARROS & RANCH FRUIT VARIETY

### Wednesday, May 8

### **Breakfast**

French Toast Sticks

### Lunch

COUNTRY STEAK & HOME -MADE ROLL OR SALISBURY STEAK MASHED POTATOES ROASTED GRAVY OVEN ROASTED VEGGIES FRUIT VARIETY

### Thursday, May 9

### **Breakfast**

Chicken Biscuit

### Lunch

POTATO CRUNCH FISH FRIES OR CHICKEN SANDWICH TATOR TOTS **LOW FAT COTTAGE CHEESE** & TOMATOES FRUIT VARIETY

### Friday, May 10

### **Breakfast**

**Biscuit & Gravy** Lunch

MOZZARELLA CHEESE PIZZA

OR CHEESEBURGER SEASONED PEAS CELERY STICKS PEANUT BUTTER FRUIT VARIETY

**BONUS\*** 

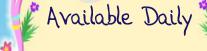
FRUIT JUICE BAR

# **MOTHER'S DAY**



## NUTRITION 7050

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



**Every Complete** Meal We Serve **Comes With Your Choice Of Milk** 



BUT TRUE!

RANGE

"HAPPY BIRTHDAY TO YOU" IS THE MOST RECOGNIZED SONG IN THE ENGLISH LANGUAGE. BUT AT FIRST IT WASN'T EVEN A

BIRTHDAY SONG. IT WAS ORIGINALLY CALLED "GOOD MORNING TO ALL" AND WAS WRITTEN BY TWO KINDERGARTEN TEACHERS BECAUSE IT WAS EASY FOR LITTLE KIDS TO SING!

### A QUICK BITE FOR PARENTS

#### Monday, May 13

**Breakfast** Scrambled Eggs & Toast Lunch MINI MEATBALL SUB

OR **CHEF SALAD & BREADSTICK** CORN HOMESTYLE POTATO SALAD FRUIT VARIETY

### Tuesday, May 14

Breakfast

**Buttermilk Pancakes** 

Lunch PIG IN A BLANKET OR

MACARONI & CHEESE WHIT NORTHERN BEANS **BROCCOLI & CHEESE** FRUIT VARIETY

### Wednesday, May 15

**Breakfast** 

Sausage & Biscuit

Lunch FRENCH TOAST STICKS & LOW SODIUM SAUSAGE **PATTY** 

OR STUFFFD BRFADSTICK HASHBROWN GLAZED CARROTS SPICED APPLES

### Thursday, May 16

**Breakfast** Chicken & Waffles

Lunch TACO FRITO PIE OR

**PULLED PORK** MEXICAN CHILE BEANS GARLIC NOODLES FRUIT VARIETY

### Friday, May 17

**Breakfast Biscuit & Gravy** Lunch

GRILLED CHICKEN & SAVORY RICE OR FISH SANDWICH W/CHEESE

LR COOKS POTATO SMILES **VEGGIE PASTA BLEND** FRUIT VARIETY

Where do we get most of the tomatoes we eat?

close to 30 pounds of tomatoes a year, and all of them started off on a vine somewhere! But less than half the tomatoes we eat are fresh. We get most of our tomatoes in processed forms – out of a bottle of

http://kidshealth.org/kid/stay healthy/food/pyramid.html

### Monday, May 20

### **Breakfast**

Cinnamon Toast Bar

### Lunch

SPAGHETTI & MEAT-SAUCE OR CHICKEN SANDWICH LR COOKS CHOICE CHERRY TOMATOES SEASONED PEAS

FRUIT VARIETY

### Tuesday, May 21

### **Breakfast**

**Bacon Biscuit** 

### Lunch

CHICKEN RINGS THINGS OR HOT DOG ON A BUN LR COOKS CHOICE OVEN FRIES **CELERY STICKS** PEANUT BUTTER FRUIT VARIETY

### Wednesday, May 22

### **Breakfast**

French Toast Sticks

### Lunch

SACK-LUNCH PB & STRAWBERRY SANDWICH ON WHEAT OR CORN DOG **MULTI-GRAIN SUNCHIPS** CARROT STICKS FRUIT VARIETY

**BONUS\*** CHOCOLATE CHIP COOKIE

### YOUR ASSIGNMENT

Have a GREAT summer! We'llsee you in a few months!

