



Menus for **May 2019**

**LOGAN ROGERSVILLE
K-6
BREAKFAST & LUNCH**

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



A 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!

CINCO de MAYO

Cinco 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 1

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
OR
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 SUNDAY, MAY 12



NUTRITION TO GO

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

A QUICK BITE FOR PARENTS

Available Daily

Every Complete Meal We Serve Comes With Your Choice Of Milk



STRANGE BUT TRUE!

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"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!

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
STUFFED BREADSTICK
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

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'll see you in a few months!



Q: Where do we get most of the tomatoes we eat?

A: The average American eats 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 ketchup, in pizza sauce, or as various kinds of canned tomatoes.



Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html