

Menus for **May 2019**
M.E.C. & C.E. Cole

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!

Monday, May 6

Breakfast
 Egg taco
 Assorted muffins

Lunch
 Salisbury steak with gravy
 Mashed potatoes
 Steamed green peas
 Applesauce

All meals will have a choice
 Of milk and juice
 Menu subject to change
 Brkfst \$1.55 \$ lunch \$2.35

Tuesday, May 7

Breakfast
 Cinnamon roll
 Assorted cereal

Lunch
 Pulled pork BBQ on bun
 Rice
 Hot vegetable
 Fruit snack

All meals will have a choice
 Of milk and juice
 Menu subject to change
 Brkfst \$1.55 \$ lunch \$2.35

Wednesday, May 1

Breakfast
 Nutrigrain bar
 Assorted cereal

Lunch
 Chicken quesadilla w/salsa
 Rice and beans
 Tossed salad with dressing
 School cookie

All meals will have a choice
 Of milk and juice
 Menu subject to change
 Brkfst \$1.55 \$ lunch \$2.35

Thursday, May 2

Breakfast
 Mini waffles
 Assorted muffins

Lunch
 Chicken patty on wheat bun
 Sweet potato bites
 Lettuce, tomato, pickles,
 sliced apples

All meals will have a choice
 Of milk and juice
 Menu subject to change
 Brkfst \$1.55 \$ lunch \$2.35

Friday, May 3

Breakfast
 Ultimate breakfast round
 Assorted cereal

Lunch
 Ham and cheese hoagie
 Baked chips
 Lettuce, tomato
 Peaches

All meals will have a choice
 Of milk and juice
 Menu subject to change
 Brkfst \$1.55 \$ lunch \$2.35

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!

Wednesday, May 8

Breakfast
 Mini pancakes
 Assorted muffins

Lunch
 Chicken nuggets with dip
 Mac and cheese
 Stewed tomatoes
 Pears

All meals will have a choice
 Of milk and juice
 Menu subject to change
 Brkfst \$1.55 \$ lunch \$2.35

Thursday, May 9

Breakfast
 Milk and cereal bar
 Assorted cereal

Lunch
 Pizza dippers
 Marinara sauce
 Romaine salad w/dressing
 Doughnut

All meals will have a choice
 Of milk and juice
 Menu subject to change
 Brkfst \$1.55 \$ lunch \$2.35

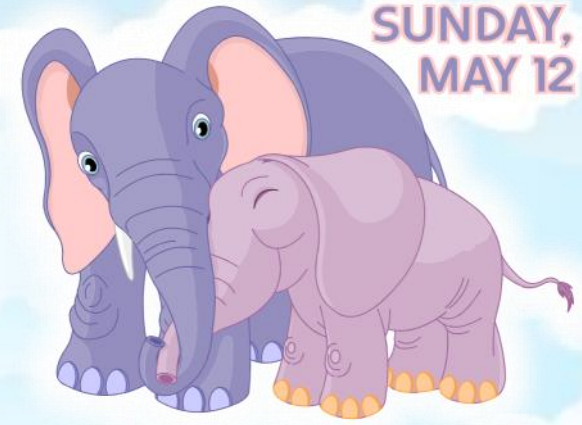
Friday, May 10

Breakfast
 Breakfast pizza
 Assorted muffins

Lunch
 Hot dog on wheat bun
 Tater tots
 Baked beans
 Pudding cup

All meals will have a choice
 Of milk and juice
 Menu subject to change
 Brkfst \$1.55 \$ lunch \$2.35

MOTHER’S DAY SUNDAY, MAY 12



Monday, May 13

Breakfast

Breakfast wrap
Assorted cereal

Lunch

Cheeseburger on wheat bun
Sweet potatoes
Steamed broccoli
Fruit cocktail

All meals will have a choice
Of milk and juice
Menu subject to change
Brkfst \$1.55 \$ lunch \$2.35

Tuesday, May 14

Breakfast

Mini pancakes
Assorted muffins

Lunch

Beef tacos on flour tortillas
Rice and black beans
Salsa, lettuce, tomato, cheese
Pineapples

All meals will have a choice
Of milk and juice
Menu subject to change
Brkfst \$1.55 \$ lunch \$2.35

Wednesday, May 15

Breakfast

Bagler
Assorted cereal

Lunch

Meatball hoagie w/sauce
French fries
Cole slaw
Jell-O

All meals will have a choice
Of milk and juice
Menu subject to change
Brkfst \$1.55 \$ lunch \$2.35

Thursday, May 16

Breakfast

Cereal bar
Assorted muffins

Lunch

French toast slice w/syrup
Hash brown patty
Sausage patty
Sliced oranges

All meals will have a choice
Of milk and juice
Menu subject to change
Brkfst \$1.55 \$ lunch \$2.35

Friday, May 17

Breakfast

Mini pancakes
Assorted cereal

Lunch

Pizza slice w/ toppings
Baked chips
Side salad
School cookie

All meals will have a choice
Of milk and juice
Menu subject to change
Brkfst \$1.55 \$ lunch \$2.35

Monday, May 20

Breakfast

Nutrigrain bar
Assorted muffins

Lunch

Orange chicken
White rice
Steamed broccoli
Mandarin oranges

All meals will have a choice
Of milk and juice
Menu subject to change
Brkfst \$1.55 \$ lunch \$2.35

Tuesday, May 21

Breakfast

Pop tart
Assorted cereal

Lunch

Grilled cheese sandwich
Fresh sliced tomato salad
Snack bag, vegetables
Grapes

All meals will have a choice
Of milk and juice
Menu subject to change
Brkfst \$1.55 \$ lunch \$2.35

Wednesday, May 22

Breakfast

Mini French toast
Assorted muffins

Lunch

Popcorn chicken with dip
Buttered corn
Cooked carrots
Apple slices

All meals will have a choice
Of milk and juice
Menu subject to change
Brkfst \$1.55 \$ lunch \$2.35

Thursday, May 23

Breakfast

Fruit, yogurt, granola bar
Assorted cereal

Lunch

Pasta with meat sauce
Garlic bread stick
Side salad
Side kick fruit ice

All meals will have a choice
Of milk and juice
Menu subject to change
Brkfst \$1.55 \$ lunch \$2.35

Friday, May 24

Breakfast

Waffles
Assorted muffins

Lunch

No lunch
Today
See you
Next week

All meals will have a choice
Of milk and juice
Menu subject to change
Brkfst \$1.55 \$ lunch \$2.35

Monday, May 27



Tuesday, May 28

Breakfast

Mini cinns
Assorted muffins

Lunch

Bosco cheese filled sticks
Marinara sauce
Garden salad w/dressing
Apple sauce

All meals will have a choice
Of milk and juice
Menu subject to change
Brkfst \$1.55 \$ lunch \$2.35

Wednesday, May 29

Breakfast

Cheese omelet
Assorted cereal

Lunch

Assorted hot sandwiches
Chef's choice side dish
Sandwich toppings
Banana

All meals will have a choice
Of milk and juice
Menu subject to change
Brkfst \$1.55 \$ lunch \$2.35

Thursday, May 30

Breakfast

Pop tart
Assorted muffins

Lunch

Assorted cold sandwiches
Caesar salad
Carrot bag
Ice cream cup

All meals will have a choice
Of milk and juice
Menu subject to change
Brkfst \$1.55 \$ lunch \$2.35

Friday, May 31

Breakfast

Chef's choice
Assorted cereal

Lunch

Mini corn dogs with dip
Scalloped potatoes
Steamed green beans
Whole fresh fruit

All meals will have a choice
Of milk and juice
Menu subject to change
Brkfst \$1.55 \$ lunch \$2.35



What's on YOUR plate?

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

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