

Monday, May 17

Tuesday, May 18

Wed., May 19

Thursday, May 20

Friday, May 21

# MI Products - MY Michigan - MI School Lunch Week

**Click here for the special menu the week of May 17-21!**

Monday, May 24

Tuesday, May 25

Wed., May 26

Thursday, May 27

Friday, May 28

**Choice of One**

Chicken Sandwich  
Brunch for Lunch  
Hamburger w/wo Cheese  
Yogurt w/wo PB & J  
Cheese Stick w/Pretzel

**On The Salad Bar**

Fresh Fruit  
Salad Bar  
Potato Coins  
Applesauce

**Choice of One**

Chicken Nuggets  
Toasted Cheese or  
Texas Cheesy Toast  
Yogurt w/wo PB & J  
Cheese Stick w/Pretzel

**On The Salad Bar**

Fresh Fruit  
Salad Bar  
Tomato Soup  
Sliced Pears

**Choice of One**

Chicken Hip Dippers  
Spaghetti w/wo Meat Sauce  
Pizza  
Yogurt w/wo PB & J  
Cheese Stick w/Pretzel

**On The Salad Bar**

Fresh Fruit  
Salad Bar  
Garlic Toast  
Tossed Salad  
Mixed Fruit

**Choice of One**

Hamburger w/wo Cheese  
Nacho w/Fixings  
Hot Dog  
Yogurt w/wo PB & J  
Cheese Stick w/Pretzel

**On The Salad Bar**

Fresh Fruit  
Salad Bar  
Corn  
Baked Apples

**Choice of One**

Pizza  
BBQ Grilled Chicken  
Yogurt w/wo PB & J  
Cheese Stick w/Pretzel

**On The Salad Bar**

Fresh Fruit  
Salad Bar  
Green Beans  
Sliced Peaches

Super: Cookie

Heritage Annex



**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.



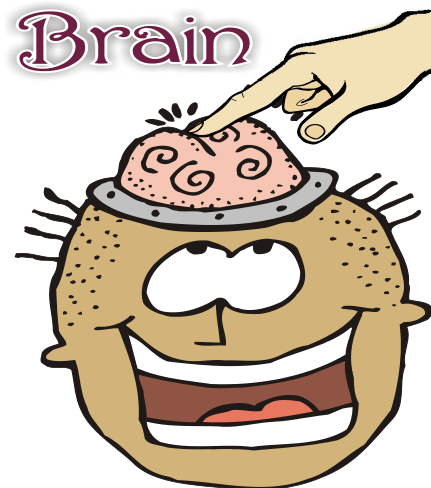
Presidential Mansion, the Executive Mansion, and the President's House. It didn't become officially known as the White House until the time of President Franklin D. Roosevelt in the 1930's.

★ WITH LIBERTY & JUSTICE FOR ALL ★

## Word of the Month

fair-ness

- n. 1. the ability to make judgments free from discrimination or dishonesty
- 2. the state, quality, or ideal of being just, impartial, and equitable



## Brain Ticklers

What is the most important use of cowhide throughout the world?

(Hold the page upside down and read it in a mirror for the answer!)

rtarhtog & cow