

# Menus for May 2010



Houghton

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**Monday, May 3**

Choice of One

Chicken Tenders  
Yogurt w/String Cheese  
PB & Jelly Uncrustable

Baked Fries  
Apple Sauce

**Tuesday, May 4**

Choice of One

Hot Dog  
Yogurt w/String Cheese  
PB & Jelly Uncrustable

Green Beans  
Sliced Pears

## GET DOWN WITH THE BROWN.

Whole grain foods (which are usually brown) are better for you than the white stuff. So when you can, try to choose whole wheat pasta and bread, whole grain cereal, and brown rice.



**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.**  
**WELLNESS IS A WAY OF LIFE!**

**Wed., May 5**

Choice of One

Soft Taco  
Yogurt w/String Cheese  
PB & Jelly Uncrustable

Corn  
Sliced Peaches

**Thursday, May 6**

Choice of One

Mini Pancakes  
Yogurt w/String Cheese  
PB & Jelly Uncrustable

Potato Coins  
Warm Apple Slices

**Friday, May 7**

No School

Staff Professional Development Day



**Monday, May 10**

Choice of One

Chicken Sandwich  
Yogurt w/String Cheese  
PB & Jelly Uncrustable

Baked Fries  
Peaches

**Tuesday, May 11**

Choice of One

Chicken Tenders  
Yogurt w/String Cheese  
PB & Jelly Uncrustable

Green Beans  
Pineapple



**Wed., May 12**

Choice of One

Garfield Pizza  
Yogurt w/String Cheese  
PB & Jelly Uncrustable

Corn  
Fruit Mix

**Thursday, May 13**

Choice of One

Waffle w/Maple Flavor  
Yogurt w/String Cheese  
PB & Jelly Uncrustable

Potato Triangle  
Cinnamon Applesauce

**Friday, May 14**

Choice of One

Pizza  
Yogurt w/String Cheese  
PB & Jelly Uncrustable

Carrot Coins  
Sliced Pears

## 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!

