

# FIT FAT

WANNA STAY FIT?  
FIGHT THE FAT!



**ITEM: Peaches**  
**VERDICT: Handful o' Summer**



**TIP:** What better summer snack than a sweet peach? Local peaches are the best. If you can't eat them warm and fresh-picked from the tree, keep them at room temperature so the juices can flow freely!



In Mexico, Cinco de Mayo marks a famous Mexican military victory. In the United States and elsewhere around the world, the day is a celebration of Mexican heritage and culture. Cinco de Mayo is really a bigger deal here than it is in Mexico!

*Featured Specials of the Day*

**Monday, May 3**  
Chicken Tenders    Hamburger w/wo Cheese  
Baked Fries    Applesauce

**Tuesday, May 4**  
Spaghetti w/wo Meat sauce    Coney Dog  
Green Beans    Sherbet

**Wednesday, May 5**  
Soft or Hard Taco    Chicken Fajita    Fish Taco  
Corn    Rice    Sliced Peaches

**Thursday, May 6**  
Brunch for Lunch    Toasted Cheese  
Tomato Soup    Crispy Cube potatoes  
Warm Cinnamon Applesauce

**Friday, May 7**  
No School

Staff Professional Development Day

MIDDLE SCHOOL MENU  
**3.2 BY THE NUMBERS**  
THE PERCENTAGE OF VEGETARIANS IN THE U.S. POPULATION, ACCORDING TO "VEGETARIAN TIMES"

*Featured Specials of the Day*

**Monday, May 10**  
Chicken Fries    BBQ Pork Sandwich  
Brussels Sprouts    Peaches

**Tuesday, May 11**  
Baked Mostaccioli  
Hamburger w/wo Cheese    Fish Sandwich  
Green Beans    Pineapple

**Wednesday, May 12**  
Turkey & Gravy    BBQ Chicken Chips  
Mashed Potatoes    Corn    Fruit Mix

**Thursday, May 13**  
Brunch for Lunch    Toasted Cheese  
Tomato Soup    Potato Triangle  
Cinnamon Applesauce.

**Friday, May 14**  
Chicken Fried Rice    Oriental Chicken Salad  
Carrots    Pears    Fortune Cookie

*Available Daily!*

Yogurt w/String Cheese  
PB & Jelly Sandwich  
Chef Salad  
Nacho & Cheese  
Monday's—Chicken Sandwich  
Tuesday's—Chicken Nuggets  
Wednesday—Pizza  
Thursday's—Cheeseburgers  
Fridays— Pizza and Chicken Fajita's