

Menus for May 2010



Pleasant Ridge

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Monday, May 3

Choice of One
 Chicken Sandwich
 Hot Dog
 Yogurt w/wo PB & J
 Cheese Stick w/Pretzel

On The Salad Bar
 Fresh Fruit
 Salad Bar
 Baked Fries
 Sliced Pears

Tuesday, May 4

Choice of One
 Chicken Nuggets
 Macaroni & Cheese
 Yogurt w/wo PB & J
 Cheese Stick w/Pretzel

On The Salad Bar
 Fresh Fruit
 Salad Bar
 Green Beans
 Mixed Fruit

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
 Chicken Hip Dipper
 Soft or Hard Taco
 Yogurt w/wo PB & J
 Cheese Stick w/Pretzel

On The Salad Bar
 Fresh Fruit
 Salad Bar
 Rice
 Corn
 Applesauce

Thursday, May 6

Choice of One
 Hamburger w/wo Cheese
 Popcorn Chicken
 Yogurt w/wo PB & J
 Cheese Stick w/Pretzel

On The Salad Bar
 Fresh Fruit
 Salad Bar
 Mashed Potatoes
 Sliced Peaches

Friday, May 7

No School

Staff Professional Development Day



Monday, May 10

Choice of One
 Chicken Sandwich
 Brunch for Lunch
 Yogurt w/wo PB & J
 Cheese Stick w/Pretzel

On The Salad Bar
 Fresh Fruit
 Salad Bar
 Potato Triangles
 Apple Slices

Tuesday, May 11

Choice of One
 Chicken Nuggets
 Garfield Pizza
 Yogurt w/wo PB & J
 Cheese Stick w/Pretzel

On The Salad Bar
 Fresh Fruit
 Salad Bar
 Green Beans
 Sliced Pears



Wed., May 12

Choice of One
 Hamburger w/wo Cheese
 Boneless Chicken Legs
 Yogurt w/wo PB & J
 Cheese Stick w/Pretzel

On The Salad Bar
 Fresh Fruit
 Salad Bar
 Peas
 Baked Fries
 Fruit Mix

Thursday, May 13

Choice of One
 Pizza Dippers
 Chicken Hip Dipper
 Yogurt w/wo PB & J
 Cheese Stick w/Pretzel

On The Salad Bar
 Fresh Fruit
 Salad Bar
 Carrot Coins
 Applesauce

Friday, May 14

Choice of One
 Pizza
 Rib B-Q Sandwich
 Yogurt w/wo PB & J
 Cheese Stick w/Pretzel

On The Salad Bar
 Fresh Fruit
 Salad Bar
 Corn
 Peaches

Super: Fruit Snack

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!

