

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 Pears

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

HERITAGE 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
Pasta Choice Hamburger w/wo Cheese
Fish Sandwich
Green Beans Pineapple

Wednesday, May 12
DOMINO'S PIZZA DAY
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's—Pizza
Thursday's—Cheeseburgers
Friday—Pizza and Chicken Fajita