

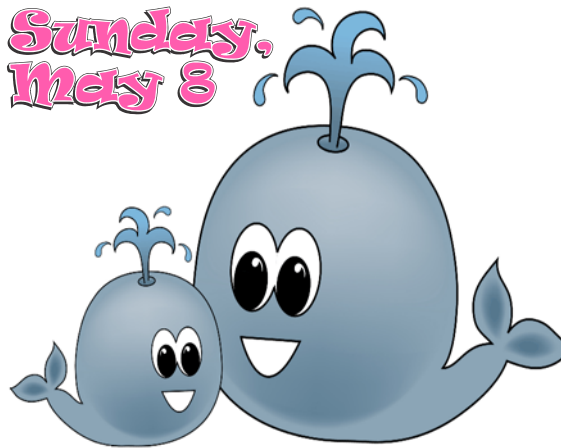
Menus for May 2016

**DELISLE, PASS
ELEMENTARY, PASS
MIDDLE SCHOOL**



This institution is an equal opportunity provider.

**Sunday,
May 8**



Happy Mother's Day!

TOASTED.



Just one bad, blistering sunburn as a child doubles your risk for skin cancer later in life. Yet more than half of all kids report having at least a minor sunburn in the past year. Don't get burned this summer!

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

Monday, May 2

Personal Pan Pizza, Turkey & Cheese Croissant, Chef Salad w/Roll, Green Peas, Tossed Salad w/Dressing, Calico Fruit, Frozen Fruit Juice Cups, Chocolate Chip Cookie

Tuesday, May 3

Macaroni & Cheese w/ Ham Slice, Whole Wheat Roll, Chicken Salad Croissant, Chef Salad w/Roll, Cucumber Sticks w/Dip, Seasoned Green Beans, Fresh Plums, Chilled Peach Slices

Wednesday, May 4

Spaghetti w/ Meatballs, Yeast Roll, Grilled Chicken Sandwich, Chef Salad w/Roll, Garden Salad w/Dressing, Whole Kernel Corn, Fresh Melon Cubes, Pineapple Tidbits

Thursday, May 5

Boneless Buffalo Hot Wings, Shepherd's Pie, Yeast Roll, Chef Salad w/Roll, Quick Baked Potato, Pinto Beans, Blushing Chilled Pears, Fresh Grapes, Vanilla Pudding

Friday, May 6

Cheeseburger, Chic' Penne, Whole Wheat Roll, Chef Salad, Baby Carrots w/Dressing, Crispy Sweet Potato Cubes, Apple & Orange Wedges, Assorted Fruit Juices

Available Daily

Condiments

Variety of

Fat Free Milk

Flavored and Unflavored
Menu is subject to change

Monday, May 9

Chicken Nuggets, Yeast Roll, Turkey & Cheese on Bun, Chef Salad w/Roll, Mashed Potatoes, Green Beans, Frozen Fruit Juice Cups, Fresh Cantaloupe Cubes

Tuesday, May 10

Lasagna, Yeast Roll, Grilled Chicken Sandwich, Chef Salad w/Roll, Southern Turnip Greens, Cucumber Sticks w/Dip, Fruit Cocktail, Fresh Apples

Wednesday, May 11

Beef Tips w/Noodles, Whole Wheat Roll, Yogurt Sandwich Combo, Corn on the Cob, Mixed Vegetables, Fresh Grapes, Hot Cinnamon Pears

Thursday, May 12

Ranch Parmesan Pasta Chicken, Whole Wheat Roll, Fish Sandwich, Chef Salad w/Roll, California Veggies, Baby Carrots w/Dressing, Tropical Fruit, Pineapple Tidbits

Friday, May 13

SACK LUNCH



Pass Christian School District Summer Feeding Program

We're here to serve you and your family delicious breakfast and lunch!
Convenient, economical, healthy meals!

**All Kids
Eat Free!**

No paperwork necessary
must be 18 or under

Adults:
\$2.25 Breakfast
\$3.50 Lunch



Monday - Friday

Please call 228-255-6209 for more info or visit our website, www.pc.k12.ms.us



Go off the plate!



Generally, the plate diagram above provides fantastic advice on how to fill your plate. But can you name one of the best things you can eat or drink that isn't even on the plate? Give up? **IT'S WATER!** Kids should try to drink about 6 to 8 8-ounce servings of water a day. Try having water instead of soda or other high-calorie, low-nutrition drinks as often as possible!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, May 16
 Chicken Spaghetti, Yeast Roll, Meatballs in Marinara Sauce on Hoagie Bun, Chef Salad w/Roll, Seasoned Lima Beans, Garden Salad w/Dressing, Fresh Grapes, Fresh Strawberries

Tuesday, May 17
SACK LUNCH

Wednesday, May 18
DES
 Loaded Baked Potato Soup, Ham & Cheese Sliders, Chicken Salad w/Crackers, Chef Salad w/Roll, Tossed Salad w/Dressing, Glazed Carrots, Rosey Applesauce, Fruit Cocktail
PCES & PCMS SACK LUNCH

Thursday, May 19
 Hot Dog, Cool Ranch Tortilla Chips, Chicken Alfredo with a Twist, Whole Wheat Roll, Chef Salad w/Roll, Whole Kernel Corn, Tomatoes w/Dip, Fresh Bananas, Blueberries w/Whipped Topping

Friday, May 20
SACK LUNCH

Pork is the most widely eaten meat in the world. Pork consumption in America peaked at 60 lbs per person annually in 1971, falling to about 46 lbs in 2014. Improved breeding and feeding techniques since the 80's have reduced the fat in pork, on average, by 31%, along with reductions in calories (14%) and cholesterol (10%).

A TASTY MORSEL FOR PARENTS

★ **OUR NATION'S HISTORY** ★

Memorial Day originated in the years after the Civil War to remember and honor those who had died in service to our country. At first, Memorial Day was called "Decoration Day" – literally, a day that was set aside to beautify the final resting places of our honored dead. This year, while you're enjoying your day off, please don't forget to honor them in your heart, too!

★ **WITH LIBERTY & JUSTICE FOR ALL** ★

HAVE A GREAT SUMMER!

Thanks for eating with us this year. We look forward to seeing you when school starts up again!