



**Q:** Where do we get most of the tomatoes we eat?

**A:** The average American eats close to 30 pounds of tomatoes a year, and all of them started off on a vine somewhere! But less than half the tomatoes we eat are fresh. We get most of our tomatoes in processed forms – out of a bottle of ketchup, in pizza sauce, or as various kinds of canned tomatoes.



Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

**Monday, May 13**

**Breakfast**  
Pancakes

**Lunch**  
Pizza  
Side Salad  
Tater Tots  
Cookie

**Tuesday, May 14**

**Breakfast**  
Breakfast Pizza

**Lunch**  
Chicken Nuggets  
Mashed Potatoes  
Green Beans  
Roll

**Wednesday, May 15**

**Breakfast**  
Pancake Pup

**Lunch**  
Hamburger  
Fries  
Cookie

**NUTRITION TO GO**

Some studies suggest that blueberries can improve brain functioning and protect against age-related mental decline. The high amount of "antioxidants" in blueberries may actually help the brain stay younger longer! Blueberry season runs from May to September.

**A QUICK BITE FOR PARENTS**

**Thursday, May 16**

**Breakfast**  
Ham, Egg & Cheese Biscuit

**Lunch**  
Corn Dog  
Baked Beans  
Potato Wedges



**STRANGE BUT TRUE!**

"HAPPY BIRTHDAY TO YOU" IS THE MOST RECOGNIZED SONG IN THE ENGLISH LANGUAGE. BUT AT FIRST IT **WASN'T EVEN A BIRTHDAY SONG**. IT WAS ORIGINALLY CALLED "GOOD MORNING TO ALL" AND WAS WRITTEN BY TWO KINDERGARTEN TEACHERS BECAUSE IT WAS EASY FOR LITTLE KIDS TO SING!

**Friday, May 17**

**Breakfast**  
Scrambled Eggs & Sausage Biscuit

**Lunch**  
BBQ Sandwich  
Corn on Cob  
Chips

**Monday, May 20**

**Breakfast**  
Breakfast Pizza

**Lunch**  
Cheeseburger  
Fries  
Brownie

**Tuesday, May 21**

**Breakfast**  
Mini Pancakes

**Lunch**  
Pizza  
Whole Kernel Corn  
Side Salad  
Cookie

**Wednesday, May 22**

**Breakfast**  
Sausage Biscuit

**Lunch**  
Hot Dog  
Tater Tots  
Garden Salad

**Thursday, May 23**

**Manager's Choice**

Breakfast & Lunch menus chosen especially for you by our Manager!

**YOUR ASSIGNMENT**

Have a GREAT summer!  
We'll see you in a few months!