



Menus for May 2019

Tallapoosa County Schools- Reeltown

This institution is an equal opportunity provider. Menus are subject to change.

Wednesday, May 1

Breakfast
Pancakes

Lunch
Cavatini
Garden Salad
Cheesy Broccoli Roll

Thursday, May 2

Breakfast
Egg & Sausage Biscuit

Lunch
Chicken
Lima Beans
Mashed Potatoes Roll

SAFETY FIRST.

Lightning can strike even if it's not raining and the skies around you are sunny! If you can hear thunder, you could be in danger, so always follow the rule, "If thunder roars, stay indoors" – and not under a tree!

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

Friday, May 3

Breakfast
French Toast

Lunch
Hot Wings
Carrots & Celery with Ranch
Fries
Roll
Cookie

Monday, May 6

Breakfast
Sausage Biscuit

Lunch
Cheeseburger
Fries
Brownie

Tuesday, May 7

Breakfast
Mini Pancakes & Ham

Lunch
Chicken
Yams
Green Beans
Roll

CINCO de MAYO

Cinco de Mayo (Spanish for "May Fifth") is a time to celebrate Mexican-American food and culture in the U.S. It's a much bigger deal here than it is in Mexico!

Wednesday, May 8

Breakfast
Chicken Biscuit

Lunch
Sausage
Scrambled Eggs
Biscuit
Grits
Sliced Tomatoes

Thursday, May 9

Breakfast
Breakfast Pizza

Lunch
Chicken
English Peas
Mashed Potatoes
Roll



A lot of people in the "Lower 48" states don't realize just how gigantic the state of Alaska is! The next three biggest states combined – Texas, California, and Montana – don't equal the size of Alaska. And if you could put Alaska inside the Lower 48 states, this is about what it would look like. The smallest state, Rhode Island, could fit into Alaska 425 times!

Friday, May 10

Breakfast
Steak Biscuit

Lunch
BBQ Sandwich
Fries
Baked Beans
Cookie

MOTHER'S DAY SUNDAY, MAY 12

Choice of Fruit or milk offered with meals.



What's on
YOUR
plate?

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 or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, May 13

Breakfast
Pancakes

Lunch
Fish Sandwich
Fries
Slaw
Hush Puppies
Brownie

Tuesday, May 14

Breakfast
Breakfast Pizza

Lunch
Crispitos
Cheesy Nachos
Pinto Beans

Wednesday, May 15

Breakfast
Pancake Pup

Lunch
Taco Salad
Corn
Chips

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
Salisbury Steak
Lima Beans
Mashed Potatoes
Rolls



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
Chili Cheese Sog
Garden Salad
Fries
Cookie

Monday, May 20

Breakfast
Breakfast Pizza

Lunch
Cheeseburger
Fries
Brownie

Tuesday, May 21

Breakfast
Mini Pancakes

Lunch
Chicken Sandwich
Fries

Wednesday, May 22

Breakfast
Sausage Biscuit

Lunch
Pizza
Fries
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!

