

SUMMER THIRST . . . WATER PLEASE!

With all the summertime activities kids will be thirsty. That means they will need more water. The American Association of Pediatrics has recommended that children and teens drink water for hydration. They have also recommended staying away from drinks that have sugar and/or caffeine like energy drinks, sports drinks and sodas.

- ✓ Keep the refrigerator stocked with bottles of water or have water bottles available to fill up with cold water.
- ✓ Send children outside to play with a filled water bottle.
- ✓ If your child is doing outdoor sports during summer time, teach them to drink a few sips of water every 15-20 minutes.
- ✓ Teach children to drink water before they are thirsty.
- ✓ Juices, fruit punch and sodas can have a lot of added sugar and empty calories - keep these drinks for a special occasion.
- ✓ You can try adding some juice to water to give the water a little fruit flavor. Make sure the label on the juice states 100% fruit juice.
- ✓ Be a great role model and drink lots of water!

MAY 2018



Wednesday, May 23




School Nutrition Employee Appreciation Week May 1-4

We are proud of the cafeteria staff who work diligently behind the scenes to create fresh salads, season homemade soups, pinch fresh rolls and ensure compliance with health and safety standards!

Please join us in saying **thank you** to the dedicated cafeteria ladies during School Nutrition Employee Appreciation Week.



LUNCH LINE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GRAB 'N GO		¹ Cheeseburger ² Deli Chicken 5/1 Vegetables (choose many) Baked Beans, Corn ^{on the} Cob Fresh Red Pepper Strips Fruit (can choose one of each) Fresh Fruit and Fruit Cup	¹ BBQ Sandwich with Chips 5/2 Vegetables (choose many) Green Peas, Cole-Slaw Fruit (can choose one of each) Fresh Grapes and Fruit Cup	LINE CLOSED TODAY 5/3	Slice of Big Daddy's® Pizza 5/4 Vegetables (choose many) Roasted Cauliflower BLT Chop Salad Fruit (can choose one of each) Fresh Fruit and Fruit Cup
HOME COOKING		¹ Cheeseburger ² Deli Chicken Vegetables (choose many) Baked Beans, Corn ^{on the} Cob Fresh Red Pepper Strips Fruit (can choose one of each) Fresh Fruit and Fruit Cup	Mandarin Orange Chicken over Rice Vegetables (choose many) Vegetable Egg Roll, Green Peas Fruit (can choose one of each) Fresh Grapes and Fruit Cup	¹ Roasted Chicken ² Ham offered with School Roll Vegetables (choose many) Green Beans, Mashed Potatoes Fruit (can choose one of each) Fresh Fruit and Fruit Cup	Slice of Big Daddy's® Pizza Vegetables (choose many) Roasted Cauliflower BLT Chop Salad Fruit (can choose one of each) Fresh Fruit and Fruit Cup
SOS Salads & Stuff		Salads: Chef or Grilled Chicken with Crackers, Baked Beans Fruit (can choose one of each) Fresh Fruit and Fruit Cup	Salads: Chef or Grilled Chicken with Crackers Fruit (can choose one of each) Fresh Grapes and Fruit Cup	Salads with Crackers OR PBJ Uncrustable® with Veggies Fruit (can choose one of each) Fresh Fruit and Fruit Cup	POTATO BAR (Russet & Sweet) with toppings, BLT Chop Salad Fruit (can choose one of each) Fresh Fruit and Fruit Cup
LUNCH LINE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GRAB 'N GO	Buffalo Chicken Wings, Roll 5/7 Vegetables (choose many) Fries, Celery Sticks Black-eyed Peas Fruit (can choose one of each) Orange Wedges and Fruit Cup	Oven Baked SUBS with CHIPS Vegetables (choose many) Fresh Toppings, Carrots w/ dip Fruit (can choose one of each) Fresh Strawberries and Fruit Cup Cocoa Cherry BAR	^{5/9} Manager Planned Menu	¹ Clubhouse SUB ² PBJ 5/10 both offered with chips Vegetables (choose many) Steamed Broccoli, Celery Sticks Fruit (can choose one of each) Fresh Fruit and Fruit Cup	Slice of Big Daddy's® Pizza 5/11 Vegetables (choose many) Steamed Corn Garden Salad Fruit (can choose one of each) Fresh Fruit and Fruit Cup
HOME COOKING	Buffalo Chicken Wings, Roll Vegetables (choose many) French Fries, Celery Sticks Pinto Beans Fruit (can choose one of each) Orange Wedges and Fruit Cup	Oven Baked SUBS with CHIPS Vegetables (choose many) Fresh Toppings, Carrots w/ dip Fruit (can choose one of each) Fresh Strawberries and Fruit Cup Cocoa Cherry BAR		Mandarin Orange Chicken served over Rice Vegetables (choose many) Steamed Broccoli, Egg Roll Fruit (can choose one of each) Fresh Fruit and Fruit Cup	Slice of Big Daddy's® Pizza Vegetables (choose many) Steamed Corn Garden Salad Fruit (can choose one of each) Fresh Fruit and Fruit Cup
SOS Salads & Stuff	Salads: Chef or Grilled Chicken with Crackers and Peas Fruit (can choose one of each) Orange Wedges and Fruit Cup	Salads: Chef or Grilled Chicken, Crackers & Cocoa Cherry BAR Fruit (can choose one of each) Fresh Strawberries and Fruit Cup		Salads: Chef or Chicken and Spinach with Crackers Fruit (can choose one of each) Fresh Fruit and Fruit Cup	POTATO BAR (Russet & Sweet) with toppings, Salad, Peppers Fruit (can choose one of each) Fresh Fruit and Fruit Cup

BREAKFAST AT SCHOOL

- Breakfast is available to everyone every day!
- We offer about many different options daily to choose from!
- Breakfast is planned to meet USDA nutrition standards which require whole grains, proper calories for age, low saturated fat content and no trans fats.
- Students are required to pick up a fruit or juice every day with their breakfast.



WHAT'S INCLUDED IN THE PRICE?

- 100% Fruit Juice
- Fresh Fruit
- 8 oz. carton of Milk AND
- 1 main choice (e.g. biscuit, muffin, cereal, yogurt parfait, pancakes etc.)

School Breakfast

Choose 1 favorite choice from below.

Fresh Fruit, Juice and Milk are included too - at no extra cost.

EVERY DAY FAVORITES

- Kellogg's™ Pop-tart® twin-pack
- Breakfast Bun
- Banana Chocolate Chip Bar
- BIG Cereal Cup
- Yogurt Parfait with Granola topping
- Pillsbury® Mini Pancakes
- Pillsbury® Mini Cinnis

WEEKLY FAVORITES

- Mondays, Tuesdays, Thursdays & Fridays:
Sausage Biscuit or Chicken Biscuit
- Wednesdays:
Breakfast Pizza or Chicken Biscuit



LUNCH LINE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GRAB 'N GO	¹ Corn Dog Nuggets 5/14 ² Turkey SUB, L/T/P Vegetables (choose many) Baked Beans, Roasted Potatoes Fruit (can choose one of each) Apple Wedges and Fruit Cup	¹ Chicken Fajita or ² Taco 5/15 over Chips with Cheese Vegetables (choose many) Fresh fixin's, Guacamole, Corn Fruit (can choose one of each) Fresh Fruit and Fruit Cup	5/16 Manager Planned Menu	¹ Grilled Cheese ² PBJ 5/17 both offered with chips Vegetables (choose many) Steamed Broccoli, Baby Carrots Fruit (choose one) Fresh Fruit and Fruit Cup	Slice of Big Daddy's® Pizza 5/18 Vegetables (choose many) Turnip Greens BLT Chop Salad Fruit (choose one) Fruit Cup
FOREIGN FLARE & HOME COOKING	¹ Corn Dog Nuggets ² Turkey SUB, L/T/P Vegetables (choose many) Baked Beans, Roasted Potatoes Fruit (can choose one of each) Apple Wedges and Fruit Cup	¹ Chicken Fajita or ² Taco over Chips with Cheese Vegetables (choose many) Fresh fixin's, Guacamole, Corn Fruit (can choose one of each) Fresh Fruit and Fruit Cup		Mandarin Orange Chicken over Rice Vegetables (choose many) Egg Roll, Steamed Broccoli Fruit (choose one) Fresh Fruit and Fruit Cup	Slice of Big Daddy's® Pizza Vegetables (choose many) Turnip Greens BLT Chop Salad Fruit (choose one) Fruit Cup
SOS Salads & Stuff	Salads: Chef or Grilled Chicken with Crackers, Baked Beans Fruit (can choose one of each) Apple Wedges and Fruit Cup	Salads: Chef or Grilled Chicken with Crackers Fruit (can choose one of each) Fresh Fruit and Fruit Cup		Salads: Chef or Chicken and Spinach with Crackers Fruit (choose one) Fruit Cup	POTATO BAR (Russet & Sweet) with toppings, BLT Chop Salad Fruit (choose one) Fruit Cup
LUNCH LINE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ALL LINES	May 21 Manager Planned Menu	May 22 Manager Planned Menu	May 23 Manager Planned Menu Last Day of School!	<h1>Have a safe summer!</h1>	

USDA is an equal opportunity provider and employer.

Milk is offered with each meal every day.



The menus for May 9, May 16 and May 21 - May 23 will be chosen by your cafeteria manager. Selections will vary by schools. ENJOY!