




# MAY MENU

SCHOOL OF EXCELLENCE

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>April 30 <b>Manager's Choice</b></p>	<p>1 Lasagna Steamed Vegetables Italian Salad Garlic Stick Fresh Fruit</p>	<p>2 Beef &amp; Cheese Nachos Pinto Beans Spanish Rice Lettuce, Tomato, &amp; Salsa Pineapple Chunks</p>	<p>3 Country Fried Steak Mashed Potatoes Veggie Dippers Dinner Roll Fruit Cup</p>	<p>4 Chili &amp; Cheese Hot Dog Baked Fries Steamed Broccoli Fruit Cup</p>
<p>7 Philly Steak Sub Baked Fries Fresh Garden Salad Fresh Fruit</p>	<p>8 Meatball Sub Seasoned Corn Fresh Garden Salad Fruit Cup</p>	<p>9 Crispitos Refried Beans Spanish Rice Lettuce, Tomato, &amp; Salsa Fresh Fruit</p>	<p>10 Baked Drumstick Mashed Potatoes Steamed Broccoli Hot Roll Fresh Fruit</p>	<p>11 Corn Dog Mac &amp; Cheese Carrot Dippers Seasoned Vegetables Fruit Cup</p>
 <p>14 <b>Manager's Choice</b></p>	<p>15 Cheese &amp; Pepperoni Pizza Italian Salad Seasoned Green Beans Fruit Cup</p>	<p>16 Cheesy Enchiladas Pinto Beans Spanish Rice Lettuce and Tomato Salsa Fresh Fruit</p>	<p>17 Smothered Steak Mashed Potatoes Sweet Corn Hot Roll Fruit Cup</p>	<p>18 Chicken Burger Baked Fries Hamburger Salad Tomato Slices Fresh Fruit</p>
<p>21 Crispy Chicken Wrap Baked Chips Steamed Broccoli Cucumber &amp; Tomato Salad Fresh Fruit</p>	<p>22 Chicken Alfredo Seasoned Corn Garden Salad Garlic Bread Fruit Cup</p>	<p>23 Beef &amp; Cheese Nachos Spanish Rice Refried Beans Lettuce, Tomato, &amp; Salsa Fresh Fruit</p>	<p>24 Popcorn Chicken Mashed Potatoes Glazed Carrots Dinner Roll Fruit Cup</p>	 <p>25 <b>Manager's Choice</b></p>
<p>28 <i>Enjoy Your Day Off!</i></p>	<p>29 Cheese or Pepperoni Pizza Italian Salad Seasoned Green Beans Fresh Fruit</p>	<p>30 Burritos Pinto Beans Spanish Rice Lettuce, Tomato, &amp; Salsa Fruit Cup</p>	<p>31 Steak Fingers Mashed Potatoes Peas &amp; Carrots Dinner Roll Fresh Fruit</p>	<p>June 1 Cheese Burger French Fries Hamburger Salad Fruit Cup</p>

A variety of milk will be offered with every meal.

## Unwind

What are your plans this summer? I hope you have carved out some time to relax. Here are some ways to help you do so!

- ◆ **Spend some time outdoors.** One of the best and most effective ways to boost your mood is to get outdoors and soak in a little Vitamin D.
- ◆ **Unplug from technology.** Use the summer as an excuse to be in vacation mode. Set time aside each day to be completely unplugged from technology and see what else there is to offer.
- ◆ **Step outside your comfort zone.** Try something new. It can be something simple like trying a new drink or food or a new restaurant. Every time we try something new we take a risk and feel a boost of happiness.

<http://www.healthywomen.org/content/blog-entry/10-ways-relax-summer-truly-unwind-and-unplug-be-happy-and-balanced>

An option of Cereal & Toast, Fresh Fruit or Fruit Cup, and a Choice of Juice and Milk are also offered everyday.

Monday	Tuesday	Wednesday	Thursday	Friday
Warm Biscuit w/ Sausage or Breakfast Bowl	Taco Tuesday! Choice of Taco	Breakfast Sandwich or Chicken Biscuit	Pig in a Blanket or Pancakes	Breakfast Pizza

*Breakfast*



# Summer Menu

## June 2018

### Summer Feeding

Come join us for summer feeding during your summer break!

June 4, 2018-  
August 8, 2018  
Monday- Thursday

#### Where:

Kelley Elementary Cafeteria  
802 Oblate Dr  
San Antonio, Texas 78216  
Breakfast 7:30 a.m.-8:00 a.m.  
Lunch 12:00 p.m.-12:30 p.m.

Canlen West Apartments  
3536 West Ave.  
San Antonio, Texas 78213  
Lunch 11:30 a.m. to 12:00 Noon

Morgan Manor Apartments  
7135 Oaklawn Dr.  
San Antonio, Texas 78229  
Lunch 12:00 p.m. to 12:30 p.m.

Souled Out Believers Church  
1139 Gembler Rd.  
San Antonio, TX 78219  
Lunch 12:30 pm-1:00 p.m.

Everyone 18 years and under eats for **FREE!**

Monday	Tuesday	Wednesday	Thursday
4th Corn Dogs Baked Chips Carrot Dippers Fruit Cup	5th Soft Beef Tacos Lettuce & Tomato Salsa Fruit Cup	6th Chicken or Tuna Salad Sandwich Pickle Spears Baked Chips Fruit Cup	7th Cheese Burgers Baked Chips Lettuce & Pickles Fruit Cup
11th Hot Dogs Baked Chips Cucumbers and Ranch Fruit Cup	12th Burritos Tossed Salad Salsa Fruit Cup	13th Pepperoni Pizza Tossed Salad Fruit Cup	14th Chicken Burgers Baked Chips Lettuce & Pickles Fruit Cup
18th Corn Dogs Baked Chips Carrot Dippers Fruit Cup	19th Soft Beef Tacos Lettuce & Tomato Salsa Fruit Cup	20th Chicken or Tuna Salad Sandwich Pickle Spears Baked Chips Fruit Cup	21st Cheese Burgers Baked Chips Lettuce & Pickles Fruit Cup
25th Hot Dogs Baked Chips Cucumbers and Ranch Fruit Cup	26th Burritos Tossed Salad Salsa Fruit Cup	27th Pepperoni Pizza Tossed Salad Fruit Cup	28th Chicken Burgers Baked Chips Lettuce & Pickles Fruit Cup

A choice of milk is offered daily.

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