




# 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*