



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

Available Daily

**Nonfat Milk**  
**Low-fat White Milk**  
**Low-fat Chocolate Milk**

**\*Menu item may contain pork**

**Thursday, May 1**

**Breakfast**  
Zee Zee's Smore Bar  
Fruit-Juice-Milk

**Lunch**  
Beef Hot Dog on Bun w/Chili & Cheese  
Pizza Crunchers

**Choose Two:**  
Mashed Potatoes w/Gravy  
Baked Beans

**Choose One:**  
Strawberry Cup  
Whole Fresh Fruit

**Friday, May 2**

**Breakfast**  
Cinnamon Roll  
Fruit-Juice-Milk

**Lunch**  
Spicy Chicken Tenders w/Roll  
Garlic French Bread

**Choose Two:**  
French Fries  
Mixed Vegetables

**Choose One:**  
Orange Cup  
Whole Fresh Fruit

## Brain Ticklers



If a man builds a house with all 4 sides facing south, and a bear walks by the house, what color is the bear?

(Hold the page upside down and read it in a mirror for the answer!)

This is a question on the North Pole!

**Monday, May 5**

**Breakfast**  
Banana Bread  
Fruit-Juice-Milk

**Lunch**  
Corndog Nuggets  
Manicotti w/Garlic Stick

**Choose Two:**  
Potatoes Au gratin  
Broccoli

**Choose One:**  
Applesauce Cup  
Whole Fresh Fruit

**Tuesday, May 6**

**Breakfast**  
Dunkin Stick  
Fruit-Juice-Milk

**Lunch**  
Stuff Crust Pizza  
Chicken Nuggets w/Roll

**Choose Two:**  
Corn  
Spinach

**Choose One:**  
Pineapple Cup  
Whole Fresh Fruit

**Wednesday, May 7**

**Breakfast**  
Pop Tart  
Fruit-Juice-Milk

**Lunch**  
Crispy Chicken Patty on Bun  
Macaroni & Cheese Bites

**Choose Two:**  
Taco Fiesta Beans  
Roasted Butternut Squash

**Choose One:**  
Mixed Fruit Cup  
Whole Fresh Fruit

**Thursday, May 8**

**Breakfast**  
Cinnamon Toast Bar  
Fruit-Juice-Milk

**Lunch**  
Cheese Stuffed Bread Sticks  
Spicy Chicken Tenders w/Roll

**Choose Two:**  
Tomato Soup  
Green Beans

**Choose One:**  
Peach Cup  
Whole Fresh Fruit

**Friday, May 9**

**Breakfast**  
Benefit Bar  
Fruit-Juice-Milk

**Lunch**  
BBQ on Bun\*  
w/Cornbread Poppers  
Chicken & Waffles

**Choose Two:**  
Cole Slaw  
French Fries

**Choose One:**  
Pear Cup  
Whole Fresh Fruit

## GOING NATURAL?

There's no legal definition of the word "natural" on a food label. So it doesn't really mean much at all. To truly "go natural," eat lots of whole foods



(like fruits, veggies, nuts, beans, lean protein) that don't have any other ingredients at all -- naturally.

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

**Monday, May 12**

**Breakfast**  
Breakfast Break  
Fruit-Juice-Milk

**Lunch**  
Stuffed Crust Pizza  
Fiesta Hot Pocket

**Choose Two:**  
Broccoli  
Sweet Potatoes

**Choose One:**  
Mandarin Orange Cup  
Whole Fresh Fruit

**Tuesday, May 13**

**Breakfast**  
Lemon Bread  
Fruit-Juice-Milk

**Lunch**  
Popcorn Chicken Bowl w/Roll  
Pizza Calzone\*

**Choose Two:**  
Mashed Potatoes w/Gravy  
Corn

**Choose One:**  
Strawberry Cup  
Whole Fresh Fruit

**Wednesday, May 14**

**Breakfast**  
Blueberry Muffin  
Fruit-Juice-Milk

**Lunch**  
Bacon Cheeseburger\*  
w/Onion Rings  
Pizza Crunchers

**Choose Two:**  
Tater Tots  
Baked Beans

**Choose One:**  
Applesauce Cup  
Whole Fresh Fruit

**Thursday, May 15**

**Breakfast**  
Zee Zee's Smore Bar  
Fruit-Juice-Milk

**Lunch**  
Spicy Chicken Patty on Bun  
Breakfast for Lunch\*  
w/Cinnamon Texas Toast

**Choose Two:**  
Has Browns  
Collard Greens

**Choose One:**  
Spiced Apples  
Whole Fresh fruit

**Friday, May 16**

**Breakfast**  
Cinnamon Roll  
Fruit-Juice-Milk

**Lunch**  
Chicken Wings  
w/Cornbread Muffin  
Individual Pizza Pie

**Choose Two:**  
Steamed Cabbage  
French Fries

**Choose One:**  
Pineapple Cup  
Whole Fresh Fruit

**Monday, May 19**

**Breakfast**  
Banana Bread  
Fruit-Juice-Milk

**Lunch**  
Buffalo Chicken Pizza  
Spaghetti w/Meatballs  
w/Garlic Stick

**Choose Two:**  
Sweet Potato Waffle Fries  
Green Beans

**Choose One:**  
Dole Fruit Cup  
Whole Fresh Fruit

**Tuesday, May 20**

**Breakfast**  
Dunkin Stick  
Fruit-Juice-Milk

**Lunch**  
Teriyaki Chicken Bowl  
w/Fried Rice & Roll  
Stromboli\*

**Choose Two:**  
Corn  
Broccoli

**Choose One:**  
Peach Cup  
Whole Fresh Fruit

**Wednesday, May 21**

**Breakfast**  
Pop Tart  
Fruit-Juice-Milk

**Lunch**  
Nachos w/Roll  
Pizza Pinwheels

**Choose Two:**  
Refried Beans  
Roasted Carrot Sticks

**Choose One:**  
Pear Cup  
Whole Fresh Fruit

**Thursday, May 22**

**Breakfast**  
Cinnamon Toast Bar  
Fruit-Juice-Milk

**Lunch**  
Beef Hot Dog on Bun  
w/Chili & Cheese  
Pizza Crunchers

**Choose Two:**  
Mashed Potatoes w/Gravy  
Baked Beans

**Choose One:**  
Strawberry Cup  
Whole Fresh Fruit

**Friday, May 23**

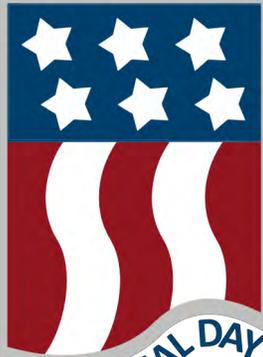
**Breakfast**  
Benefit Bar  
Fruit-Juice-Milk

**Lunch**  
Spicy Chicken Tenders w/Roll  
Garlic French Bread

**Choose Two:**  
French Fries  
Mixed Vegetables

**Choose One:**  
Orange Cup  
Whole Fresh Fruit

**Monday, May 26**



**MEMORIAL DAY**  
**NO SCHOOL TODAY**

**Tuesday, May 27**

**Breakfast**  
Lemon Bread  
Fruit-Juice-Milk

**Lunch**  
Stuffed Crust Pizza  
Chicken Nuggets w/Roll

**Choose Two:**  
Corn  
Spinach

**Choose One:**  
Pineapple Cup  
Whole Fresh Fruit

**Wednesday, May 28**

**Breakfast**  
Blueberry Muffin  
Fruit-Juice-Milk

**Lunch**  
Crispy Chicken Patty on Bun  
Macaroni & Cheese Bites

**Choose Two:**  
Taco Fiesta Beans  
Roasted Butternut Squash

**Choose One:**  
Mixed Fruit Cup  
Whole Fresh Fruit

**Thursday, May 29**

**Breakfast**  
Zee Zee's Smore Bar  
Fruit-Juice-Milk

**Lunch**  
Cheese Stuffed Bread Sticks  
Spicy Chicken Tenders w/Roll

**Choose Two:**  
Tomato Soup  
Green Beans

**Choose One:**  
Peach Cup  
Whole Fresh Fruit

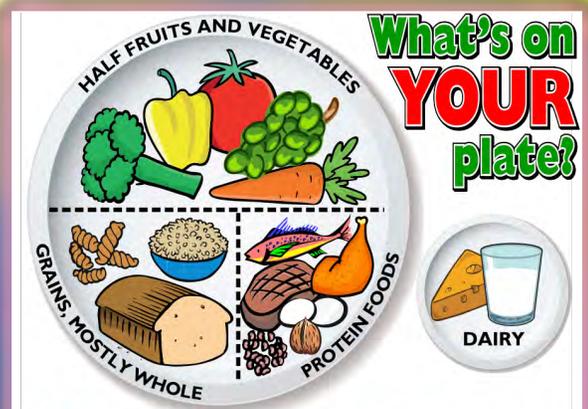
**Friday, May 30**

**Breakfast**  
Cinnamon Roll  
Fruit-Juice-Milk

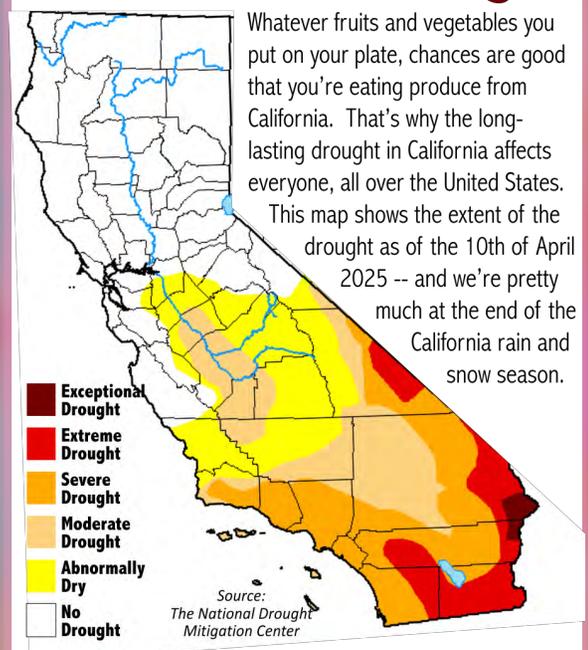
**Lunch**  
BBQ on Bun\*  
w/Cornbread Poppers  
Chicken & Waffles

**Choose Two:**  
Cole Slaw  
French Fries

**Choose One:**  
Pear Cup  
Whole Fresh Fruit



# When California is dry, we're all in a drought



Whatever fruits and vegetables you put on your plate, chances are good that you're eating produce from California. That's why the long-lasting drought in California affects everyone, all over the United States. This map shows the extent of the drought as of the 10th of April 2025 -- and we're pretty much at the end of the California rain and snow season.

## Percentages of U.S. production that comes from California:

- |                       |                         |
|-----------------------|-------------------------|
| <b>Walnuts 99%</b>    | <b>Garlic 95%</b>       |
| <b>Almonds 99%</b>    | <b>Strawberries 92%</b> |
| <b>Artichokes 99%</b> | <b>Grapes 91%</b>       |
| <b>Pistachios 98%</b> | <b>Tomatoes 90%</b>     |
| <b>Kiwis 97%</b>      | <b>Cauliflower 89%</b>  |
| <b>Plums 97%</b>      | <b>Lettuce 74%</b>      |
| <b>Broccoli 95%</b>   | <b>Spinach 71%</b>      |
| <b>Celery 95%</b>     | <b>Carrots 69%</b>      |

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)

**VEGETABLE**

**Corn**

Among the fantastic fresh summer foods we all anticipate, fresh corn on the cob is certainly a favorite. Technically, corn is a grain, but most often we use it like a vegetable. In most parts of the U.S., fresh sweet corn season is in full swing from July through September.



**OF THE MONTH**

**Word of the Month**

**con·fi·dence**

n. 1. Trust or faith in a person or thing 2. self-assurance; a strong and justified belief in one's self and one's abilities, without arrogance

**Salad of the Day**

*Monday - Chef's Salad w/Garlic Stick*  
*Tuesday - Country Chicken Salad, Crackers*  
*Wed - BLT Salad\* w/Garlic Stick*  
*Thursday - Country Chicken Salad/Crackers*  
*Friday - Hawaiian Chicken Salad w/Lemon Bread*