### Monday, May 3
- **Breakfast Grab N Go**: Reduced Sugar Fruit Loops & Graham Crackers, Orange Juice & Fresh Gala Apple
- **Lunch Grab N Go (Hot)**: Cheese Dippers with Salsa, Cucumber Salad, Fresh Apple
- **Lunch Grab N Go (Cold)**: Southwestern Wrap
- **Lunch Extras**: Assorted Juice

#### Snack
- Snack Mix
- Apple Splash

### Tuesday, May 4
- **Breakfast Grab N Go**: Turkey Sausage Biscuit, Apple Juice & Diced Peaches
- **Lunch Grab N Go (Hot)**: Grilled Chicken Sandwich, Roasted Sweet Potatoes, Spinach Salad, Fresh Pear
- **Lunch Grab N Go (Cold)**: Vegetarian Salad

#### Snack
- Sun Chips
- Apple Splash

### Wednesday, May 5
- **Breakfast Grab N Go**: Frosted Flakes & Graham Gold Fish, Orange Juice & Banana
- **Lunch Grab N Go (Hot)**: Roasted Chicken Wings w/Roll, Mexican Corn, Cilantro Greens, Fresh Banana, Assorted Juice
- **Lunch Grab N Go (Cold)**: Fruit & Yogurt Grab N Go

#### Snack
- Strawberry Nutra-Grain Bar
- Apple Splash

### Thursday, May 6
- **Breakfast Grab N Go**: Chicken Biscuit, Mixed Fruit Juice & Fresh Apple
- **Lunch Grab N Go (Hot)**: Turkey BLT On Croissant, Kale Salad, Apricots
- **Lunch Grab N Go (Cold)**: Vegetarian Chef Salad

#### Snack
- Cheddar Goldfish & Apple Splash

### Friday, May 7
- **Breakfast Grab N Go**: Pancake N Link, Orange Tangerine Juice & Fruit Cocktail
- **Lunch Grab N Go (Hot)**: Big Mike’s Pepperoni Pizza, Steamed Broccoli, Whole Kernel Corn, Diced Peaches
- **Lunch Grab N Go (Cold)**: Sun butter & Jelly Plate

#### Lunch Extras
- Assorted Juice

### Monday, May 10
- **Breakfast Grab N Go**: Reduced Sugar Fruit Loops / Graham Crackers, Orange Tangerine Juice & Fresh Gala Apple
- **Lunch Grab N Go (Hot)**: French Bread Pizza, Green Beans, Whole Kernel Corn, Mandarin Oranges
- **Lunch Grab N Go (Cold)**: Fruit & Yogurt Grab N Go
- **Lunch Extras**: Assorted Juice

#### Snack
- Sunflower Seeds & Fruit Dive

### Tuesday, May 11
- **Breakfast Grab N Go**: Turkey Sausage Biscuit, Mixed Fruit Juice & Diced Apricots
- **Curbside Breakfast Grab N Go**: Frosted Mini Wheats /Biscuit, Apple Juice & Banana
- **Lunch Grab N Go (Hot)**: Chicken Tenders with Roll, Broccoli, Peppered Sliced Carrots, Apple Salad
- **Lunch Grab N Go (Cold)**: Sun butter & Jelly Plate

#### Curbside Snack
- Cinnamon Goldfish & Apple Splash

### Wednesday, May 12
- **Curbside Lunch**: Roasted Chicken in / Texas Toast, Glazed Sweet Potatoes, Celery Sticks/Ranch, Pretzels, Pineapple Tidbits, Mixed Berry Juice
- **Lunch Grab N Go (Cold)**: Choice of Milk
- **Lunch Grab N Go (Cold)**: Fruit & Yogurt Grab N Go

#### Curbside Snack
- Sunflower Seeds & Fruit Dive

### Thursday, May 13
- **Breakfast Grab N Go**: Beef Biscuit, Orange Tangerine Juice & Fresh Apple
- **Lunch Grab N Go (Hot)**: Turkey BLT On Croissant, Kale Salad, Apricots
- **Lunch Grab N Go (Cold)**: Mixed Cheese Chef Salad

#### Snack
- Chex-its and Fruit Dive

### Friday, May 14
- **Breakfast Grab N Go**: Cinnamon Toast Pastry, Mixed Fruit Juice & Fruit Cocktail
- **Lunch Grab N Go**: BBQ Chicken /Roll, Garden Salad & Baked Beans, Diced Peaches
- **Lunch Grab N Go (Cold)**: Mixed Cheese Chef Salad

#### Lunch Extras
- Assorted Juice

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

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### The original value meal is more valuable than ever!

**All of our complete meals are NO CHARGE for all students Through September 30, 2021. Available in schools if open or at any remote serving location.**
<table>
<thead>
<tr>
<th>Monday, May 17</th>
<th>Tuesday, May 18</th>
<th>Wednesday, May 19</th>
<th>Thursday, May 20</th>
<th>Friday, May 21</th>
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<tbody>
<tr>
<td><strong>Breakfast Grab N Go</strong></td>
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<tr>
<td>Reduced Sugar Fruit Loops &amp; Graham Crackers</td>
<td>Turkey Sausage Biscuit</td>
<td>Frosted Flakes &amp; Graham Gold Fish</td>
<td>Chicken Biscuit</td>
<td>Pancake N Link</td>
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<tr>
<td>Orange Juice &amp; Fresh Gala Apple</td>
<td>Apple Juice &amp; Diced Peaches</td>
<td>Orange Juice &amp; Banana</td>
<td>Mixed Fruit Juice &amp; Fresh Apple</td>
<td>Orange Tangerine Juice &amp; Fruit Cocktail</td>
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<tr>
<td>Lunch Grab N Go (Hot)</td>
<td>Lunch Grab N Go (Hot)</td>
<td>Lunch Grab N Go (Curbside)</td>
<td>Lunch Grab N Go (Hot)</td>
<td>Lunch Grab N Go (Hot)</td>
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<tr>
<td>Cheese Dippers with Salsa</td>
<td>Grilled Chicken Sandwich</td>
<td>Roasted Chicken Wines w/ Roll</td>
<td>Grilled Chicken Sandwich</td>
<td>Big Mike’s Paparotty Pizza</td>
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<tr>
<td>Cucumber Salad</td>
<td>Roasted Sweet Potatoes</td>
<td>Macaroni &amp; Cheese</td>
<td>Breaded Beef w/ Bun</td>
<td>Steamed Broccoli</td>
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<tr>
<td>Fresh Apple</td>
<td>Spinach Salad</td>
<td>Collard Greens</td>
<td>Garden Salad</td>
<td>Whole Kernel Corn</td>
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<tr>
<td>Lunch Grab N Go (Cold)</td>
<td>Lunch Grab N Go (Cold)</td>
<td>Fresh Banana</td>
<td>Baked Beans</td>
<td>Diced Peaches</td>
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<tr>
<td>Southwestern Wrap</td>
<td>Vegetarian Salad</td>
<td>Assorted Juice</td>
<td>Cinnamon Applesauce</td>
<td>Lunch Grab N Go (Cold)</td>
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<tr>
<td>Lunch Extras</td>
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<td>Lunch Grab N Go (Cold)</td>
<td>Sun butter &amp; Jelly Plate</td>
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<tr>
<td>Assorted Juice</td>
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<td>Mixed Cheese Chef Salad</td>
<td>Lunch Extras</td>
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<td><strong>Snack</strong></td>
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<tr>
<td>Snack Mix</td>
<td>Fun Fitness Crax</td>
<td>Sun Chips</td>
<td>Strawberry Nutra-Grain Bar</td>
<td>Cheddar Goldfish &amp; Apple Splash</td>
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<td>Apple Splash</td>
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<td>Apple Splash</td>
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<tr>
<td><strong>Monday, May 24</strong></td>
<td><strong>Tuesday, May 25</strong></td>
<td><strong>Wednesday, May 26</strong></td>
<td><strong>Thursday, May 27</strong></td>
<td><strong>Friday, May 28</strong></td>
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<tr>
<td><strong>Breakfast Grab N Go</strong></td>
<td><strong>Breakfast Grab N Go</strong></td>
<td><strong>Curbside Breakfast Grab N Go</strong></td>
<td><strong>Breakfast Grab N Go</strong></td>
<td><strong>Breakfast Grab N Go</strong></td>
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<tr>
<td>Reduced Sugar Fruit Loops &amp; Graham Crackers</td>
<td>Turkey Sausage Biscuit</td>
<td>Frosted Mini Wheats / Biscuit</td>
<td>Beef Biscuit</td>
<td>Cinnamon Toast Pastry</td>
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<tr>
<td>Orange Juice &amp; Fresh Gala Apple</td>
<td>Apple Juice &amp; Diced Apricots</td>
<td>Apple Juice &amp; Banana</td>
<td>Orange Tangerine Juice &amp; Fresh Apple</td>
<td>Mixed Fruit Juice &amp; Fruit Cocktail</td>
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<td>Chicken Tender with Roll</td>
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<td>Turkey BLT On Croissant</td>
<td>Turkey BLT On Croissant</td>
<td>BBQ Chicken / Roll</td>
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<tr>
<td>Broccoli</td>
<td>Broccoli</td>
<td>Kale Salad</td>
<td>Kale Salad</td>
<td>Garden Salad &amp; Baked Beans</td>
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<tr>
<td>Pappared Sliced Carrots</td>
<td>Pappared Sliced Carrots</td>
<td>Apricots</td>
<td>Apricots</td>
<td>Diced Peaches</td>
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<td>Applesauce</td>
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<td>Lunch Grab N Go (Cold)</td>
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<td>Lunch Grab N Go (Cold)</td>
<td>Lunch Grab N Go (Cold)</td>
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<tr>
<td>Sun butter &amp; jelly Plate</td>
<td>Sun butter &amp; jelly Plate</td>
<td>Vegetarian Chef Salad</td>
<td>Vegetarian Chef Salad</td>
<td>Mixed Cheese Chef Salad</td>
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<td>Lunch Extras</td>
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<td>Assorted Juice</td>
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<tr>
<td>Snack Mix &amp; Fruit Dive</td>
<td>Snack Cinnamon Goldfish &amp; Apple Splash</td>
<td>Sunflower Snacks &amp; Fruit Dive</td>
<td>Strawberry Nutra-Grain Bar</td>
<td>Chemez-its and Fruit Dive</td>
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<td>Apple Splash</td>
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</tbody>
</table>

**MAUNA KEA**

**Breakfast Grab N Go**

- Reduced Sugar Fruit Loops & Graham Crackers
- Orange Juice & Fresh Gala Apple

**Lunch Grab N Go (Hot)**

- Cheese Dippers with Salsa
- Cucumber Salad
- Fresh Apple

**Lunch Grab N Go (Cold)**

- Southwestern Wrap
- Lunch Extras
- Assorted Juice

**Snack**

- Snack Mix
- Apple Splash

**Monday, May 24**

- Breakfast Grab N Go
- Lunch Grab N Go (Hot)
- Lunch Grab N Go (Cold)
- Lunch Extras

**Snack**

- Cinnamon Goldfish & Apple Splash

**Tuesday, May 25**

- Breakfast Grab N Go
- Lunch Grab N Go (Hot)
- Lunch Grab N Go (Cold)
- Lunch Extras

**Snack**

- Sunflower Snacks & Fruit Dive

**Wednesday, May 26**

- Curbside Breakfast Grab N Go
- Lunch Grab N Go (Hot)
- Lunch Grab N Go (Cold)
- Lunch Extras

**Snack**

- Strawberry Nutra-Grain Bar

**Thursday, May 27**

- Breakfast Grab N Go
- Lunch Grab N Go (Hot)
- Lunch Grab N Go (Cold)
- Lunch Extras

**Snack**

- Chemez-its and Fruit Dive

**Friday, May 28**

- Breakfast Grab N Go
- Lunch Grab N Go
- Lunch Grab N Go (Cold)
- Lunch Extras

**Snack**

- Cheddar Goldfish & Apple Splash

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**Q:** In ancient Egypt, which vegetable did people place their hand on when they swore an oath?

**A:** This is one from the time of the pyramids! Ancient Egyptians swore on an onion, because they believed the onion’s round shape represented eternity and truth.

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)

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“Two roads diverged in a wood, and I — I took the one less traveled by, And that has made all the difference.”

—Robert Frost

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Get outside. Keep your eyes open. And enjoy!