

MAY 2021

High

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



Your name is so big on this page because
your influence is so big in our lives and
your place is so big in our hearts.

Mother's Day * Sunday, May 9

Monday, May 3

Breakfast Cold Grab N Go
Reduced Sugar Fruit Loops & Graham
Crackers
Orange Juice & Fresh Gala Apple

Breakfast Hot Grab N Go
Spicy Chicken Biscuit
Orange Tangerine Juice
Fresh Gala Apple

Tuesday, May 4

Breakfast Cold Grab N Go
Blueberry Pop-Tarts
Apple Juice
Diced Apricots

Breakfast Hot Grab N Go
Turkey Sausage Biscuit
Apple Juice & Diced Peaches

Wednesday, May 5

Breakfast Cold Grab N Go
Frosted Flakes & Graham Gold Fish
Apple Juice & Banana

Breakfast Hot Grab N Go
Pancake N Link
Apple Juice
Banana

Thursday, May 6

Breakfast Grab N Go
Whole Grain Chocolate Chip Muffin
Mixed Fruit Juice
Fresh Apple

Breakfast Hot Grab N Go
Chicken Biscuit
Mixed Fruit Juice & Fresh Apple

Friday, May 7

Breakfast Grab N Go
Reduced Sugar Frosted Flakes
Graham Gold Fish
Orange Tangerine Juice & Fruit Cocktail

Breakfast Grab N Go
Pancake N Link/Syrup
Orange Tangerine Juice & Fruit Cocktail

Monday, May 10

Breakfast Cold Grab N Go
Reduced Sugar Fruit Loops /Graham Crackers
Orange Tangerine Juice
Fresh Gala Apple

Breakfast Hot Grab N Go
Spicy Chicken Biscuit
Orange Tangerine Juice
Fresh Gala Apple

Tuesday, May 11

Breakfast Cold Grab N Go
Blueberry Pop-Tarts
Mixed Fruit Juice
Diced Apricots

Breakfast Hot Grab N Go
Turkey Sausage Biscuit
Mixed Fruit Juice
Diced Apricots

Wednesday, May 12

Breakfast Grab N Go
Frosted Mini Wheats with Biscuit
Apple Juice
Banana

Breakfast Hot Grab N Go
Pancake N Link
Apple Juice
Banana

Thursday, May 13

Breakfast Cold Grab N Go
Whole Grain Chocolate Chip Muffin
Cheese Cubes
Orange Tangerine Juice
Fresh Apple

Breakfast Grab N Go
Chicken Biscuit
Orange Tangerine Juice
Fresh Apple

Friday, May 14

Breakfast Cold Grab N Go
Frosted Flakes with Graham Gold Fish
Mixed Fruit Juice
Diced Peaches

Breakfast Hot Grab N Go
Beef Biscuit
Mixed Fruit Juice
Diced Peaches

**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.**

STRANGE BUT TRUE!

SEA LEVEL

KAUAI

OAHU

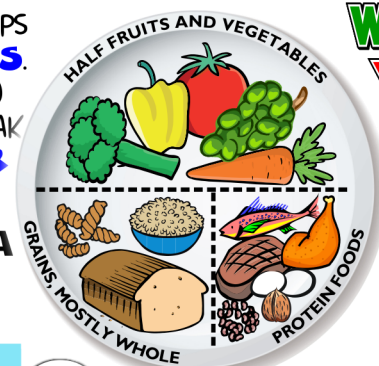
MOLOKAI

MAUI

HAWAII

THE HAWAIIAN ISLANDS ARE ACTUALLY THE EXPOSED TOPS OF THE **WORLD'S HIGHEST MOUNTAINS**. THE TALLEST, MAUNA KEA, MEASURES NEARLY 14,000 FEET ABOVE SEA LEVEL, BUT FROM ITS BASE TO ITS PEAK IT TOWERS 33,000 FEET -- **4,000 FEET HIGHER THAN MT. EVEREST!**

MAUNA KEA



What's on
YOUR
plate?



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 or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, May 17

Breakfast Cold Grab N Go
Reduced Sugar Fruit Loops & Graham Crackers
Orange Juice & Fresh Gala Apple

Breakfast Hot Grab N Go
Spicy Chicken Biscuit
Orange Tangerine Juice
Fresh Gala Apple

Tuesday, May 18

Breakfast Cold Grab N Go
Blueberry Pop-Tarts
Apple Juice
Diced Apricots

Breakfast Hot Grab N Go
Turkey Sausage Biscuit
Apple Juice & Diced Peaches

Wednesday, May 19

Breakfast Cold Grab N Go
Frosted Flakes & Graham Gold Fish
Apple Juice & Banana

Breakfast Hot Grab N Go
Pancake N Link
Apple Juice
Banana

Thursday, May 20

Breakfast Grab N Go
Whole Grain Chocolate Chip Muffin
Mixed Fruit Juice
Fresh Apple

Breakfast Hot Grab N Go
Chicken Biscuit
Mixed Fruit Juice & Fresh Apple

Friday, May 21

Breakfast Grab N Go
Reduced Sugar Frosted Flakes
Graham Gold Fish
Orange Tangerine Juice & Fruit Cocktail

Breakfast Hot Grab N Go
~~Pancake N Link/Syrup~~
Apple Juice & Diced Peaches

Monday, May 24

Breakfast Cold Grab N Go
Reduced Sugar Fruit Loops /Graham Crackers
Orange Tangerine Juice
Fresh Gala Apple

Breakfast Hot Grab N Go
Spicy Chicken Biscuit
Orange Tangerine Juice
Fresh Gala Apple

Tuesday, May 25

Breakfast Cold Grab N Go
Blueberry Pop-Tarts
Mixed Fruit Juice
Diced Apricots

Breakfast Hot Grab N Go
Turkey Sausage Biscuit
Mixed Fruit Juice
Diced Apricots

Wednesday, May 26

Breakfast Grab N Go
Frosted Mini Wheats with Biscuit
Apple Juice
Banana

Breakfast Hot Grab N Go
Pancake N Link
Apple Juice
Banana

Thursday, May 27

Breakfast Cold Grab N Go
Whole Grain Chocolate Chip Muffin
Cheese Cubes
Orange Tangerine Juice
Fresh Apple

Breakfast Grab N Go
Chicken Biscuit
Orange Tangerine Juice
Fresh Apple

Friday, May 28

Breakfast Cold Grab N Go
Frosted Flakes with Graham Gold Fish
Mixed Fruit Juice
Diced Peaches

Breakfast Hot Grab N Go
Beef Biscuit
Mixed Fruit Juice
Diced Peaches

"Two roads diverged
in a wood, and I –
I took the one
less traveled by,
And that has made
all the difference."
– Robert Frost

Get outside. Keep your
eyes open. And enjoy!

We look forward
to serving you
again next year!

