

MAY 2021

Middle School

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 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
Lunch Extras Assorted Juice
Snack Fun Fitness Crackers Fruit Dive

Wednesday, May 5

Breakfast Grab N Go Frosted Flakes & Graham Gold Fish Orange Juice & Banana
Lunch Grab N Go (Curbside) Roasted Chicken Wings w/Roll Mexicali Corn Collard Greens Fresh Banana Assorted Juice
Lunch Grab N Go (Cold) Fruit & Yogurt Grab N Go
Snack Sun Chips Apple Splash

Thursday, May 6

Breakfast Grab N Go Chicken Biscuit Mixed Fruit Juice & Fresh Apple
Lunch Grab N Go (Hot) Breaded Beef with Bun Garden Salad Baked Beans Cinnamon Applesauce
Lunch Grab N Go (Cold) Mixed Cheese Chef Salad
Lunch Extras Assorted Juice
Snack Strawberry Nutra-Grain Bar Apple splash

Friday, May 7

Breakfast Grab N Go Pancakes 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 Fruit Punch Juice
Snack Cheddar Goldfish & Apple Splash

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 Snack Mix & Fruit Dive

Tuesday, May 11

Breakfast Grab N Go Turkey Sausage Biscuit Mixed Fruit Juice & Diced Apricots
Lunch Grab N Go (Hot) Chicken Tenders with Roll Broccoli Peppered Sliced Carrots Applesauce
Lunch Grab N Go (Cold) Sun butter & Jelly Plate
Lunch Extras Assorted Juice
Snack Cinnamon Goldfish & Apple Splash

Wednesday, May 12

Curbside Breakfast Grab N Go Frosted Mini Wheats /Biscuit Apple Juice & Banana
Curbside Lunch Roasted Chicken Wings / Texas Toast Glazed Sweet Potatoes Celery Sticks/Ranch Pretzels Pineapple Tidbits Mixed Berry Juice 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) Vegetarian Chef Salad
Snack Strawberry Nutra-Grain & Apple Splash

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
Snack Cheez-its and Fruit Dive

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!

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!**

SEA LEVEL

KAUAI

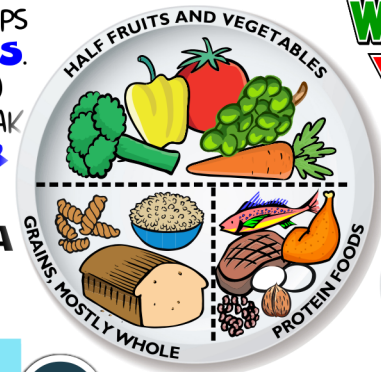
OAHU

MOLOKAI

MAUI

HAWAII

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 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 18

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
Lunch Extras Assorted Juice
Snack Fun Fitness Crackers Fruit Dive

Wednesday, May 19

Breakfast Grab N Go Frosted Flakes & Graham Gold Fish Orange Juice & Banana
Lunch Grab N Go (Curbside) Roasted Chicken Wings w/Roll Mexicali Corn Collard Greens Fresh Banana Assorted Juice
Lunch Grab N Go (Cold) Fruit & Yogurt Grab N Go
Lunch Extras Assorted Juice
Snack Sun Chips Apple Splash

Thursday, May 20

Breakfast Grab N Go Chicken Biscuit Mixed Fruit Juice & Fresh Apple
Lunch Grab N Go (Hot) Breaded Beef with Bun Garden Salad Baked Beans Cinnamon Applesauce
Lunch Grab N Go (Cold) Mixed Cheese Chef Salad
Lunch Extras Assorted Juice
Snack Strawberry Nutra-Grain Bar Apple splash

Friday, May 21

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
Snack Cheddar Goldfish & Apple Splash

Monday, May 24

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 Snack Mix & Fruit Dive

Tuesday, May 25

Breakfast Grab N Go Turkey Sausage Biscuit Mixed Fruit Juice & Diced Apricots
Lunch Grab N Go (Hot) Chicken Tenders with Roll Broccoli Peppered Sliced Carrots Applesauce
Lunch Grab N Go (Cold) Sun butter & Jelly Plate
Lunch Extras Assorted Juice
Snack Cinnamon Goldfish & Apple Splash

Wednesday, May 26

Curbside Breakfast Grab N Go Frosted Mini Wheats /Biscuit Apple Juice & Banana
Curbside Lunch Roasted Chicken Wings / Texas Toast Glazed Sweet Potatoes Celery Sticks/Ranch Pretzels Pineapple Tidbits Mixed Berry Juice Choice of Milk
Lunch Grab N Go (Cold) Fruit & Yogurt Grab N Go
Curbside Snack Sunflower Seeds & Fruit Dive

Thursday, May 27

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) Vegetarian Chef Salad
Lunch Extras Assorted Juice
Snack Strawberry Nutra-grain & Apple Splash

Friday, May 28

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
Snack Cheez-its and Fruit Dive

"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!