



May 2019



Why is it not wise to tell secrets in a cornfield?

There are too many ears!

**We are an equal opportunity provider and employer

**Menu is subject to change without notice

Senior Last day of School:
May 14

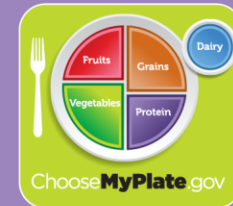
What am I?

I'm round and grow under the ground. My tall green tops taste good in soups and salads, but my red or golden root tastes nice and sweet.

Beets

This institution is an equal opportunity provider.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fresh/canned fruit and 100% fruit juice will be offered daily with breakfast	Fruit and vegetable bar will be offered daily with lunch Skim white and chocolate milk offered with both meals	1 2 hours late- No breakfast	2 Scrambled eggs Cheeseburger, steak fries, green beans	3 Cereal Shrimp poppers, corn, dinner roll
6 Pancake on a stick Crispito, refried beans	7 Omelets Lasagna Casserole, breadstick	8 English muffin w/sausage Chicken Baked steak, mashed potatoes, gravy, roll	9 pancakes Chicken Patty on a bun, broccoli	10 Biscuits and gravy Pizza, carrots, breadstick
13 French Toast Cheese burger, baked beans	14 Breakfast pizza Taco in a bag, churro	15 Muffin Meatloaf, mashed potatoes, gravy, roll	16 Scrambled eggs Chicken strips, corn, roll	17 Cereal Corn dog, chips
20 Pancake on a stick Popcorn Chicken, mashed potatoes, gravy, roll	21 Omelets Hot ham and cheese, steak fries	22 English Muffin w/ sausage Pulled pork, baked beans, coleslaw	23 Pancakes Chicken Alfredo, broccoli, breadstick	24 Biscuits and gravy Cheese bread, carrots
27 No School Memorial Day	28 Pancake on a stick Chicken Nuggets, green beans, roll	29 French Toast Hotdogs, chips Last day of school	30 No School Summer Break	31 No School Summer Break



Use the Nutrition Facts label and ingredients list to limit items high in sodium, saturated fat, and added sugars. Choose vegetable oils instead of butter, and oil-based sauces and dips instead of ones with butter, cream, or cheese.

