

May 2018

PreK – 12th Grade

BREAKFAST



School Information: 100% fruit juice & 1% milk is served with breakfast ~ Menus are subject to change ~ USD is an equal provider.



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday



Tuesday

Wednesday

Thursday

Friday

Oatmeal breakfast round **1**
Yogurt cup
Fruit

WW bagel w/ toppings **2**
Fruit

Blueberry bubble bread **3**
Fruit

Breakfast pizza **4**
Fruit

WG Cereal **7**
String cheese
Fruit

Pancake on a stick **8**
Fruit

Biscuit & gravy **9**
Fruit

WG muffin **10**
Fruit

Cook's choice **11**

Cook's choice **14**

Cook's choice **15**

Cook's choice **16**

Cook's choice **17**
Last day of School

Cook's choice **18**

21

22

23

24

25

28

29

30

31





School Information: A choice of 1% or chocolate milk is served with lunch ~ Menus are subject to change ~ All meals should be paid for in advance ~ USD 352 is an equal provider.



Fitness Tip: MyPlate recommends:

- Children need at least 60 minutes of physical activity every day.
- Be active together as a family.
- Physical activity should be fun and offer variety.



Monday

Tuesday

Wednesday

Thursday

Friday

1

1
 Chicken crispito
 Garden salad
 Fresh baby carrots
 Fruit

2
 Hamburger on a bun
 Lettuce
 Tomato
 Sweet potato fries
 Fruit

3
 BBQ beef sandwich
 Peas
 Baked beans
 Fruit

4
 Cook's choice

7
 Chicken wrap
 Brown rice
 Lettuce
 Tomato
 Fruit

8
 Hot dog on a bun
 Roasted red potatoes
 Broccoli & cheese
 Fruit

9
 Taco salad
 Tortilla chips
 Red bell pepper strips
 Refried beans
 Lettuce
 Fruit

10
 Cook's choice

11
 Cook's choice

14
 Cook's Choice

15
 Cook's Choice

16
 Cook's Choice

17
 Cook's Choice
Last day of School

18

21

22

23

24

25

28
Memorial Day

29

30

31





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Monday

Tuesday

Wednesday

Thursday

Friday

1

1
 Chicken crispito
 Garden salad
 Fresh baby carrots
 Fruit

2
 BBQ beef sandwich
 Peas
 Baked beans
 Royal brownie
 Fruit

3
 Turkey & cheese sub sandwich
 Lettuce
 Tomato
 Sweet potato fries
 Fruit

4
 Cook's choice

7
 Chicken wrap
 Brown rice
 Lettuce
 Tomato
 Fruit
(Oatmeal cookie 9-12)

8
 Hot dog on a bun
 Roasted red potatoes
 Broccoli & cheese
 Fruit

9
 Taco salad
 Tortilla chips
 Red bell pepper strips
 Refried beans
 Lettuce
 Fruit *(cinnamon puff 6-12)*

10
 Cook's choice

11
 Cook's choice

14
 Cook's Choice

15
 Cook's Choice
Last day for Seniors

16
 Cook's Choice

17
 Cook's Choice
Last day of School

18

21

22

23

24

25

28
Memorial Day

29

30

31

