

## May 2019 K-8 LunchSmart Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		May 1 Greek Chicken Brown Rice Green Beans Pineapple	May 2 Breaded Chicken Sandwich* with Lettuce & Tomato Oven-Baked Potato Wedges Fresh Apple	May 3 Extra Cheesy Pizza* Sliced Carrots Pears
May 6 Bosco Sticks with Maraina Sauce Green Beans Fresh Orange	May 7 Chicken Tenders with BBQ Sauce Veggies Fresh Grapes	May 8 Super Nachos* with Salsa Black Beans Fresh Orange	May 9 Meatball Sub Broccoli Florets Peaches	May 10 Pepperoni French Bread Pizza* Baby Carrots Pears
May 13 All-American Cheeseburger on a Bun* Parsley Redskin Potatoes Fresh Orange	May 14 Lemony Chicken Pasta* & Spinach Craisin Salad with Assorted Salad Dressings Capri Blend Veggies  Mixed Fruit	May 15 Chicken Nuggets* with Twisted Garlic Breadstick* & BBQ Dipping Sauce Kettle-Baked Beans Celery Sticks with Fat-Free Ranch Dressing Pineapple	May 16 Breaded Chicken Sandwich* with Lettuce & Tomato Baby Carrots Fresh Grapes	May 17 Cheese Individual Pan Pizza* Green Beans Fresh Apple
May 20 Chicken Parmesan Sandwich on a Bun* California Blend Veggies Fresh Apple	May 21 Boneless Chicken Wings* with BBQ Dipping Sauce & Honey Wheat Dinner Roll* Kettle Baked Beans Celery Sticks with Fat- Free Ranch Dressing Pineapple	May 22 Beef Sloppy Joe on a Bun* Baby Carrots Fresh Pear	May 23 FIELD DAY  SACK LUNCHES: Turkey/Cheese or Sunbutter w/ yogurt	May 24 All-Beef Hot Dog Oven-Baked Fries Pears
May 27 No School	May 28	May 29  NO SCHOOL	May 30	May 31



\*=Item contains whole grains / ^=Item contains pork / L=Locally sourced Milk served with lunch contains no artificial growth hormones or antibiotics Menu is subject to change based on availability and quality of food items

## **Color Me Active**

Did you know that May is National Physical Fitness and Sports Month? Regular physical activity is important because it keeps your body working the way it should. Most health professionals suggest that kids and teens get at least one hour of physical activity each day. Get started by doing something you enjoy such as playing sports, skateboarding, dancing, jumping rope, and running. If you enjoy something, you are more likely to stick with it. Start small. Changes such as taking the stairs instead of the elevator can even make a difference.

We made it! Our **Culinary Explorations** journey along Route 66 ends in **Santa Monica**, **California**. Did you know Santa Monica experiences more than 300 days of sunshine every year? We will relax and reminisce about our trip as we savor a breezy and delicious lunch featuring lemony chicken pasta and spinach craisin salad. We hope you enjoyed our cross-country tour.

