


Monday	Tuesday	Wednesday	Thursday	Friday
 Happy May Day	1 Golden Corn Dog or Smucker's PB & J (v) or Bagel & Cream Cheese (v) or Cream of Broccoli Soup Fruit Cup Mix Fruit & Veggie Bar & Milk <i>Pancakes or Cereal</i>	2 Cinnamon Texas Toast (v) or Cheese Omelet w/ Hash Brown or Bagel & Cream Cheese (v) or Roasted Vegetable Soup Bacon Fruit & Veggie Bar & Milk <i>Cheese Omelet or Cereal</i>	3 Mac & Cheese (v) or Chicken Fritters or Bagel & Cream Cheese (v) or Chili & Cheese Cookie Fruit & Veggie Bar & Milk <i>Cook's Choice or Cereal</i>	4 MACHO NACHOS! Cheesy Nachos (v) or Meat & Cheesy Nachos or Bagel & Yogurt Fun Lunch or Ivar's Clam Chowder Refried Beans Fruit & Veggie Bar & Milk <i>French Toast or Cereal</i>
7 Teriyaki Dippers or Hawaiian Chicken or Bagel & Cream Cheese (v) or Tomato Soup Brown Rice & Fortune Cookie Fruit & Veggie Bar & Milk <i>Waffle Sticks or Cereal</i>	8 Cheeseburger or Chicken Patty on Bun or Bagel & Cream Cheese (v) or Chicken Noodle Soup Skinny Fries Fruit & Veggie Bar & Milk <i>French Toast or Cereal</i>	9 French Toast Sticks (v) or Pancake-on-stick or Bagel & Cream Cheese (v) or Roasted Vegetable Soup Mixed Fruit Cup Fruit & Veggie Bar & Milk <i>Combo Bar or Cereal</i>	10 Roast Beef Dip Ajus or Rib-B-Q on Bun or Bagel & Cream Cheese (v) or Chili & Cheese Baked Chips Fruit & Veggie Bar & Milk <i>Cook's Choice or Cereal</i>	11 PIZZA! Pepperoni or Cheese (v) or Yogurt Parfait & Fruit Fun Lunch or Ivar's Clam Chowder Icie Jucie! Fruit & Veggie Bar & Milk <i>Yogurt Smoothie or Cereal</i>
14 Chicken Tenders or Smucker's PB & J (v) or Bagel & Cream Cheese (v) or Chicken Noodle Soup Mac & Cheese Fruit & Veggie Bar & Milk <i>Yogurt Smoothie or Cereal</i>	15 Grilled Cheese & Pepperoni or Ham & Cheese Hoagie or Bagel & Cream Cheese (v) or Chicken Wild Rice Soup Skinny Fries Fruit & Veggie Bar & Milk <i>Pancakes or Cereal</i>	16 Cinnamon Texas Toast (v) or Pancakes (v) or Bagel & Cream Cheese (v) or Roasted Vegetable Soup Bacon Fruit & Veggie Bar & Milk <i>Cheese Omelet or Cereal</i>	17 Turkey Gravy & Mashers or Chef's Salad or Bagel & Cream Cheese (v) or Chili & Cheese Green Beans Fruit & Veggie Bar & Milk <i>Cook's Choice or Cereal</i>	18 Cheeseburger or Chicken Patty on Bun or PBJ Taco & Yogurt Fun Lunch or Ivar's Clam Chowder Tater Tots Fruit & Veggie Bar & Milk <i>French Toast or Cereal</i>
21 Teriyaki Dippers or Hawaiian Pizza or Bagel & Cream Cheese (v) or Cream of Broccoli Soup Brown Rice & Fortune Cookie Fruit & Veggie Bar & Milk <i>Waffle Sticks or Cereal</i>	22 Penne Pasta Parmesan White Sauce (v) or Marinara (v) or Bagel & Cream Cheese (v) or Tomato Soup Bread Stick Fruit & Veggie Bar & Milk <i>French Toast or Cereal</i>	23 Waffle Sticks (v) or Breakfast Combo Bar or Bagel & Cream Cheese (v) or Roasted Vegetable Soup Sausage Link Fruit & Veggie Bar & Milk <i>Muffin or Cereal</i>	24 Teriyaki Chicken Hoagie or Chinese Chicken Salad or Bagel & Cream Cheese (v) or Chili & Cheese Tater Tots Fruit & Veggie Bar & Milk <i>Cook's Choice or Cereal</i>	25 PIZZA! Pepperoni or Cheese (v) or Pita Chips & Bean Dip Fun Lunch or Ivar's Clam Chowder Icie Jucie! Fruit & Veggie Bar & Milk <i>Cook's Choice or Cereal</i>
28 MEMORIAL DAY NO SCHOOL	29 Beef Lasagna or Chop Chop Salad or Bagel & Cream Cheese (v) or Chicken Wild Rice Soup Bread Stick Fruit & Veggie Bar & Milk <i>Scrambled Eggs or Cereal</i>	30 Cinnamon Texas Toast (v) or Scrambled Eggs w/ Hash Brown or Bagel & Cream Cheese (v) or Roasted Vegetable Soup Sausage Patty Fruit & Veggie Bar & Milk <i>Fruit Smoothie or Cereal</i>	31 Cheeseburger or Chicken Patty on Bun or Bagel & Cream Cheese (v) or Broccoli Cheese Soup Baked Chips Fruit & Veggie Bar & Milk <i>French Toast or Cereal</i>	CODED MESSAGE Each image below represents a letter. Fill in the letters to find out the message about the benefits of eating greens!

SIMPLY GOOD

Chickpeas Almonds Whole Grains Whole Grains Eggs Banana Spinach Soybeans Whole Grains

MATCHING

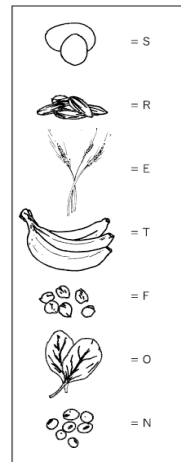
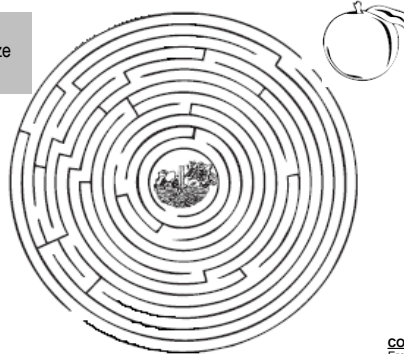
Match the food with the name of the MyPyramid food group it belongs to.

- Chickpeas
- Whole Wheat Bread
- Eggs
- Banana
- Spinach
- Yogurt

- Grains
- Vegetables
- Fruits
- Milk
- Meat & Beans

MAZE

Help Ava get to the end of the maze where her meatless meal awaits!



CODED MESSAGE ANSWER:
Freestone

Breakfast Price:
Paid: \$1.75
*Reduced: \$00.00
Adults: \$2.25

Lunch Price:
Paid: \$3.25
*Reduced: K-3 - \$00.00
*Reduced: 4-12 - \$00.40
Adults: \$4.00

(v) = Vegetarian



**You may qualify for free or reduced price meals. Applications are available at all schools and the district office. For questions regarding the food service program you can call the food service office at 425-831-8030.*