



Queen for a Day!



Mother's Day ♡ Sunday, May 11



**GOING NATURAL?**

There's no legal definition of the word "natural" on a food label. So it doesn't really mean much at all. To truly "go natural," eat lots of whole foods

**100% NATURAL**

(like fruits, veggies, nuts, beans, lean protein) that don't have any other ingredients at all -- naturally.

**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER. WELLNESS IS A WAY OF LIFE!**

**Monday, May 5**

**Breakfast**

Choice of Juice, Fruit and Milk  
Cold Cereal, Bagels,  
Pizza Bagel

**Cinco de Mayo Lunch**

Beef or Chicken Taco  
With Cheese over Chips  
NEW Burritos—Bean and Cheese  
(Beef or Chicken)  
PB & J Sandwich  
Salad Bar / Deli Hoagie / Wrap  
Sides: Spanish Rice/ Refried Beans/  
Lettuce and Tomato  
Fruit and Milk

**Tuesday, May 6**

**Breakfast**

Choice of Juice, Fruit and Milk  
Cold Cereal, Bagels,  
Cinnamon Roll

**Lunch**

Pasta with Meat Sauce with  
Garlic Bread  
Spicy Chicken Patty Sandwich  
PB & J Sandwich  
Salad Bar / Deli Hoagie / Wrap  
Sides:  
Steamed Broccoli / Fresh Veggies  
Fruit and Milk

**Wednesday, May 7**

**Breakfast**

Choice of Juice, Fruit and Milk  
Cold Cereal, Bagels,  
Breakfast Scrambler

**Lunch**

Cheese Calzone with Sauce  
Ham and Cheese Panini  
PB & J Sandwich  
Salad Bar / Deli Hoagie / Wrap  
Sides:  
Cesar Salad / Fresh Veggies  
Fruit and Milk  
**Fresh Baked Cookie!**

**Thursday, May 8**

**Breakfast**

Choice of Juice, Fruit and Milk  
Cold Cereal, Bagels,  
Sausage Cheese Bagel

**Lunch**

Chicken and Waffles  
BBQ Rib Sandwich  
PB & J Sandwich  
Salad Bar / Deli Hoagie / Wrap  
Sides:  
Creamy Mashed Potatoes / Fresh  
Veggies  
Baked Fruit Crisp and Milk

**Friday, May 9**

**Breakfast**

Choice of Juice, Fruit and Milk  
Cold Cereal, Bagels,  
Funnel Cake

**HS Dominoes Lunch**

MS serving Stuffed Crust Pizza  
Sticks with Sauce  
Fish Sandwich  
PB & J Sandwich  
Salad Bar / Deli Hoagie / Wrap  
Sides: Broccoli Salad / Fresh  
Veggies  
Fruit and Milk

**Thursday, May 1**

**Breakfast**

Choice of Juice, Fruit and Milk  
Cold Cereal, Bagels,  
Egg and Cheese Muffin

**Lunch**

Toasted Cheese Sandwich  
Meatball Hoagie  
PB & J Sandwich  
Salad Bar / Deli Hoagie / Wrap  
Sides:  
Tomato Soup with Crackers  
Tossed Salad / Fresh Veggies  
Fruit and Milk

**Friday, May 2**

**Breakfast**

Choice of Juice, Fruit and Milk  
Cold Cereal, Bagels,  
Pancakes and Sausage

**MS Dominoes Lunch**

HS serving Corn Dog Nuggets  
with Roll  
Turkey and Cheese Croissant  
PB & J Sandwich  
Salad Bar / Deli Hoagie / Wrap  
Sides:  
Zesty Baked Beans / Fresh Veggies  
Fruit and Milk

**Monday, May 12**

**Breakfast**

Choice of Juice, Fruit and Milk  
Cold Cereal, Bagels,  
French Toast Sticks

**Lunch**

Chicken Nuggets with Whole  
Wheat Roll  
Pulled Pork BBQ on a Roll  
PB & J Sandwich  
Salad Bar / Deli Hoagie / Wrap  
Sides:  
Sweet Potato Fries / Fresh  
Veggies Fruit and Milk

**Tuesday, May 13**

**Breakfast**

Choice of Juice, Fruit and Milk  
Cold Cereal, Bagels,  
Breakfast Pizza

**Lunch**

Cheese Lasagna Rollup Sauce  
and Garlic Bread  
Grilled Chicken Wrap  
PB & J Sandwich  
Salad Bar / Deli Hoagie / Wrap  
Sides:  
Caesar Salad/ Fresh Veggies  
Fruit and Milk

**Wednesday, May 14**

**Breakfast**

Choice of Juice, Fruit and Milk  
Cold Cereal, Bagels,  
Egg and Cheese Muffin

**Lunch**

Popcorn Chicken Mashed Potato  
Bowl with Roll  
BBQ Rib Sandwich  
PB & J Sandwich  
Salad Bar / Deli Hoagie / Wrap  
Sides: Golden Corn  
Fresh Fruit and Milk

**Thursday, May 15**

**Breakfast**

Choice of Juice, Fruit and Milk  
Cold Cereal, Bagels,  
Cinnamon Roll

**Lunch**

Creamy Macaroni and Cheese  
with Roll  
Fish Sticks with Roll  
Salad Bar / Deli Hoagie / Wrap  
Sides:  
Steamed Broccoli / Fresh Veggies  
Fruit and Milk  
**Pudding Cup!**

**Friday, May 16**

**Breakfast**

Choice of Juice, Fruit and Milk  
Cold Cereal, Bagels,  
Sausage Gravy over Biscuit

**Lunch**

Pizza Quesadillas with Salsa and  
Sour cream  
Sloppy Joe on a Roll  
Salad Bar / Deli Hoagie / Wrap  
Sides:  
Zesty Baked Beans / Fresh  
Veggies  
Fruit and Milk

**Monday, May 19**

**Breakfast**  
Choice of Juice, Fruit and Milk  
Cold Cereal, Bagels,  
Pizza Bagel

**Pretzel Lunch**  
Chicken Tenders with Soft Pretzel  
Ham and Cheese Panini  
PB & J Sandwich  
Salad Bar / Deli Hoagie / Wrap  
Sides:  
Emoji Potatoes / Fresh Veggies  
Fruit and Milk

**Tuesday, May 20**

**Breakfast**  
Choice of Juice, Fruit and Milk  
Cold Cereal, Bagels,  
Breakfast Bites

**Lunch**  
PA Preferred Beef over Noodles and Roll  
Chicken Patty Sandwich  
PB & J Sandwich  
Salad Bar / Deli Hoagie / Wrap  
Sides:  
Tossed Salad / Veggies  
Fruit and Milk

**Wednesday, May 21**

**Breakfast**  
Choice of Juice, Fruit and Milk  
Cold Cereal, Bagels,  
Cinnamon Roll

**Lunch**  
General Tso Chicken over Fried Rice  
Turkey and Cheese Croissant  
PB & J Sandwich  
Salad Bar / Deli Hoagie / Wrap  
Sides:  
Steamed Broccoli / Fresh Veggies  
Fruit and Milk

**Thursday, May 22**

**Breakfast**  
Choice of Juice, Fruit and Milk  
Cold Cereal, Bagels,  
Egg, Ham and Cheese Bagel

**Picnic Lunch**  
BBQ Grilled Chicken on a Roll  
Hot Dog on a Roll  
PB & J Sandwich  
Salad Bar / Deli Hoagie / Wrap  
Sides:  
Pasta Salad  
Baked Beans / Fresh Veggies  
Fruit and Milk

**Friday, May 23**

**Breakfast**  
Choice of Juice, Fruit and Milk  
Cold Cereal, Bagels,  
or Maple Waffles

**Early Dismissal**  
**Breakfast for Lunch**  
2 Pancakes with 2 Sausage Links and Syrup  
Egg and Cheese Bagel  
PB & J Sandwich  
Salad Bar / Deli Hoagie / Wrap  
Sides:  
Tater Tots / Fresh Veggies  
Fruit and Milk

**Monday, May 26**



**MEMORIAL DAY**  
**NO SCHOOL TODAY**

**Tuesday, May 27**

**Breakfast**  
Choice of Juice, Fruit and Milk  
Cold Cereal, Bagels,  
or French Toast

**Lunch - HS Finals**  
**HS Café II-II:45**  
Chicken Sticks and Roll  
Turkey and Cheese Croissant  
PB & J Sandwich  
Salad Bar / Deli Hoagie / Wrap  
Sides: Baked French Fries / Fresh Veggies  
Fruit and Milk

**Wednesday, May 28**

**Breakfast**  
Choice of Juice, Fruit and Milk  
Cold Cereal, Bagels,  
or Funnel Cake

**Lunch - HS Finals**  
**HS Café II-II:45**  
Salisbury Steak with Egg Noodles and Roll  
Spicy Chicken Sandwich  
PB & J Sandwich  
Salad Bar / Deli Hoagie / Wrap  
Sides: Scalloped Potatoes / Fresh Veggies  
Fruit and Milk

**Thursday, May 29**

**Breakfast**  
Choice of Juice, Fruit and Milk  
Cold Cereal, Bagels,  
or Egg and Cheese Bagel

**Lunch - HS Finals**  
**HS Café II-II:45**  
Jumbo Ravioli Sauce with Garlic Bread  
Hamburger / Cheeseburger  
PB & J Sandwich  
Salad Bar / Deli Hoagie / Wrap  
Sides: Tossed Salad / Fresh Veggies  
Fruit and Milk

**Friday, May 30**

**Breakfast**  
Choice of Juice, Fruit and Milk  
Cold Cereal, Bagels,  
or Cooks' Choice

**Lunch - HS Finals**  
**HS Café II-II:30**  
Pizzeria Style Pizza  
Cook's Choice  
PB & J Sandwich  
Salad Bar / Deli Hoagie / Wrap  
Sides: Cooks' Choice of Vegetable / Fresh Veggies  
Fruit and Milk

**Monday, June 2**

**Breakfast**  
Choice of Juice, Fruit and Milk  
Cold Cereal, Bagels,  
or Cooks' Choice

**Lunch**  
Corn Dog Nuggets with Roll  
Cook's Choice  
PB & J Sandwich  
Salad Bar / Deli Hoagie / Wrap  
Sides: Cooks' Choice of Vegetable / Fresh Veggies  
Fruit and Milk

**Tuesday, June 3**

**Last Day of School**  
**Breakfast**  
Choice of Juice, Fruit and Milk  
Cold Cereal, Bagels,  
or Cooks' Choice

**Lunch - Early Dismissal**  
French Toast Sticks and 2 Sausage  
Cook's Choice / PB & J Sandwich  
Salad Bar / Deli Hoagie / Wrap  
Sides: Cooks' Choice of Vegetable / Fresh Veggies  
Fruit and Milk

**Wednesday, June 4**

**No School!**  
**Enjoy your Summer**

**FREE SUMMER MEALS for KIDS- STARTS MONDAY**  
June 9th  
11:30-12:15  
Summer Lunch Program will be served at  
**Middle School**  
(enter in the back by cafeteria)

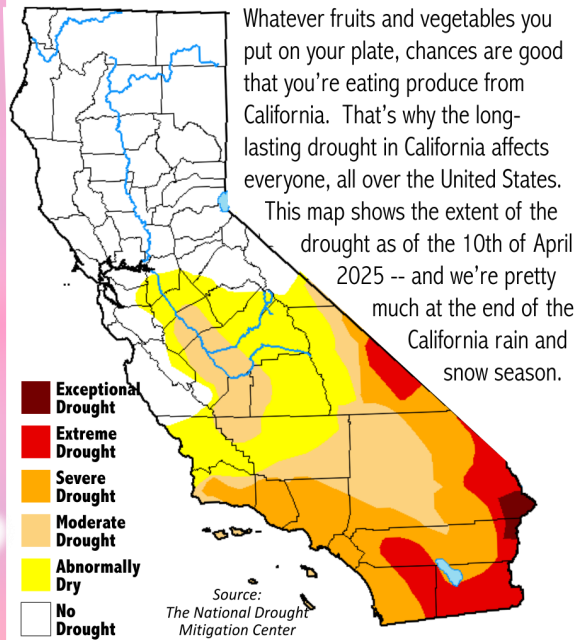
**ENJOY YOUR SUMMER!**



**Thanks For Your Business This Year!**



## When California is dry, we're all in a drought



### Percentages of U.S. production that comes from California:

Walnuts 99%	Garlic 95%
Almonds 99%	Strawberries 92%
Artichokes 99%	Grapes 91%
Pistachios 98%	Tomatoes 90%
Kiwis 97%	Cauliflower 89%
Plums 97%	Lettuce 74%
Broccoli 95%	Spinach 71%
Celery 95%	Carrots 69%

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)