



This institution is an equal opportunity provider. Menus are subject to change.



## 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!**

# Queen for a Day!



**Mother's Day ♡ Sunday, May 11**

**Thursday, May 1**

### Breakfast

Choice of Juice, Fruit and Milk  
Cold Cereal with Toast  
or Sausage and Cheese Muffin

### Lunch

Toasted Cheese Sandwich  
Hamburger on a Roll  
PB & J Sandwich  
Chef Salad with Graham Crackers  
Sides:  
Tomato Soup with Crackers  
Fresh Veggies  
Fruit and Milk

**Friday, May 2**

### Breakfast

Choice of Juice, Fruit and Milk  
Cold Cereal with Toast  
or Bagel and Cream Cheese

### School Lunch

### Hero Day!

Personal Pizza  
Fish Sticks with Roll  
PB & J Sandwich  
Chef Salad with Round Roll  
Sides: **Surprise Treat!**  
Zesty Baked Beans /Fresh Veggies / Fruit and Milk

**Monday, May 5**

### Breakfast

Choice of Juice, Fruit and Milk  
Cold Cereal with Toast  
or Blueberry Waffle

### Cinco de Mayo Lunch

Beef and Cheese Soft Shell Taco  
Beef and Cheese with Taco Chips  
PB & J Kit (Graham Crackers)  
Chef Salad with Graham Crackers  
Sides: Salsa  
Refried Beans / Lettuce and Tomato  
Fruit and Milk

**Tuesday, May 6**

### Breakfast

Choice of Juice, Fruit and Milk  
Cold Cereal with Toast  
or Cereal Bar

### Brunch for Lunch

French Toast Sticks and Sausage  
Egg, Ham and Cheese Muffin  
PB & J Sandwich  
Chef Salad with Round Roll  
Sides:  
Tater Tots / Garbanzo Bean Salad  
Fruit Juice and Milk

**Wednesday, May 7**

### Breakfast

Choice of Juice, Fruit and Milk  
Cold Cereal with Toast  
or Cinnamon Roll

### Lunch

Pasta with Meat Sauce and Garlic bread Sticks  
Turkey and Cheese Croissant  
PB & J Uncrustable  
Chef Salad with Dinner Roll  
Sides:  
Caesar Salad /Fresh Veggies  
Fruit and Milk  
**Fresh Baked Cookie**

**Thursday, May 8**

### Breakfast

Choice of Juice, Fruit and Milk  
Cold Cereal with Toast  
or Ham and Cheese Bagel

### Lunch

Salisbury Steak with Roll  
Breaded Chicken Sandwich  
PB & J Sandwich  
Chef Salad with Dinner Roll  
Sides:  
Creamy Mashed Potatoes /Fresh Veggies  
Baked Fruit Crisp  
Milk

**Friday, May 9**

### Breakfast

Choice of Juice, Fruit and Milk  
Cold Cereal with Toast  
or Funnel Cake

### Lunch

Stuffed Crust Pizza Sticks with Sauce  
Yogurt Cup with Graham Crackers  
PB & J Sandwich  
Chef Salad with Round Roll  
Sides:  
Cooked Carrots /Fresh Veggies  
Fruit and Milk

**Monday, May 12**

### Breakfast

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

### Lunch

5 Corn Dog Nuggets  
Deli Turkey Hoagie  
PB & J Sandwich  
Chef Salad with Roll  
Sides:  
Baked French Fries / Garbanzo Bean Salad  
Fruit and Milk

**Tuesday, May 13**

### Breakfast

Choice of Juice, Fruit and Milk  
Cold Cereal with Toast  
or Egg and Cheese Muffin

### Lunch

Popcorn Chicken Mashed Potato Bowl with Roll  
Pulled Pork BBQ on a Roll  
PB & J Sandwich  
Chef Salad with Roll  
Sides:  
Golden Corn  
Fruit and Milk

**Wednesday, May 14**

### Breakfast

Choice of Juice, Fruit and Milk  
Cold Cereal with Toast  
or Breakfast Pizza

### Lunch

Jumbo Cheese Ravioli with Bread Stick  
Hot Dog on a Roll  
PB & J Sandwich  
Chef Salad with Roll  
Sides:  
Cesar Salad/ Fresh Veggies  
Fruit and Milk

**Thursday, May 15**

### Breakfast

Choice of Juice, Fruit and Milk  
Cold Cereal with Toast  
or Cinnamon Roll

### Lunch

Baked BBQ Chicken with Roll  
Ham and Cheese Croissant  
PB & J Sandwich  
Chef Salad with Roll  
Sides:  
Scalloped Potatoes / Fresh Veggies  
Fruit and Milk

**Friday, May 16**

### Breakfast

Choice of Juice, Fruit and Milk  
Cold Cereal with Toast  
or Cereal Bar

### Lunch

French Bread Pizza  
Yogurt Cup with Graham Crackers  
PB & J Sandwich  
Chef Salad with Roll  
Sides:  
Cooked Carrots /Fresh Veggies  
Fruit and Milk

**Monday, May 19**

**Breakfast**  
Choice of Juice, Fruit and Milk  
Cold Cereal with Toast  
or Yogurt with Granola

**Lunch**  
Chicken Nuggets with Roll  
Sloppy Joe on a Roll  
PB & J Uncrustable  
Chef Salad with Roll  
Sides:  
Emoji Potatoes / Fresh Veggies  
Fruit and Milk

**Tuesday, May 20**

**Breakfast**  
Choice of Juice, Fruit and Milk  
Cold Cereal with Toast  
or Sausage and Cheese Muffin

**Lunch**  
Nachos with Chili and Cheese  
Chicken Patty Sandwich  
PB & J Kit (Graham Crackers)  
Chef Salad with Graham Crackers  
Sides:  
Golden Corn / Salsa / Lettuce  
and Tomato  
Fruit Ice and Milk

**Wednesday, May 21**

**Breakfast**  
Choice of Juice, Fruit and Milk  
Cold Cereal with Toast  
or Bagel with Cream Cheese

**Breakfast for Lunch**  
2 Pancakes / Sausage and Syrup  
Egg Ham, and Cheese Muffin  
PB & J Sandwich  
Chef Salad with Roll  
Sides:  
Tater Tots/ Fresh Veggies  
Fruit Juice and Milk

**Thursday, May 22**

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

**Picnic Lunch**  
Hamburger on a Roll  
Hot Dog on a Roll  
PB & J Sandwich  
Chef Salad with Roll  
Sides: Pasta Salad  
Zesty Baked Beans /Fresh  
Veggies  
Fruit and Milk

**Friday, May 23**

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

**Early Dismissal**

**Lunch**  
Cheese Calzone with Sauce  
Bloom Lunchables  
PB & J Sandwich  
Chef Salad with Roll  
Sides:  
Tossed Salad / Fresh Veggies  
Fruit and Milk

**Monday, May 26**



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

**Tuesday, May 27**

**Breakfast**  
Choice of Juice, Fruit and Milk  
Cereal with Toast  
or Cereal Bar

**Lunch**  
Creamy Macaroni and Cheese  
with Roll  
Cook's Choice  
PB & J Sandwich  
Chef Salad with Roll  
Sides: Steamed Broccoli /Fresh  
Veggies  
Fruit and Milk

**Wednesday, May 28**

**Breakfast**  
Choice of Juice, Fruit and Milk  
Cereal with Toast  
or Breakfast Pizza

**Lunch**  
Pasta with Meat Sauce and  
Garlic Bread Stick  
Cook's Choice  
PB & J Sandwich  
Chef Salad with Roll  
Sides:  
Green Beans / Fresh Veggies  
Fruit and Milk

**Thursday, May 29**

**Breakfast**  
Choice of Juice, Fruit and Milk  
Cereal with Toast  
or Cinnamon Roll

**Field Day at Memorial  
and Evans Lunch  
Pizza Party!!**  
(Beaver: Chicken Tenders & Roll  
Cook's Choice)  
PB & J Sandwich  
Chef Salad with Roll  
Sides: Tossed Salad / Fresh  
Veggies  
Fruit and Milk

**Friday, May 30**

**Breakfast**  
Choice of Juice, Fruit and Milk  
Cereal with Toast  
or Cook's Choice

**Lunch**  
Chicken Tenders with Roll  
Cook's Choice  
PB & J Sandwich  
Chef Salad with Roll  
Sides: Cook's Choice of Veg./  
Fresh Veggies / Fruit and Milk

**Field Day at Beaver  
Having a Pizza Party!**

**Monday, June 2**

**Breakfast**  
Choice of Juice, Fruit and Milk  
Cereal with Toast  
or Cook's Choice

**Brunch for Lunch**  
French Toast Sticks and Sausage  
Cook's Choice  
PB & J Sandwich  
Chef Salad with Roll  
Sides:  
Cook's Choice of Vegetable /  
Fresh Veggies  
Fruit Juice and Milk

**Tuesday, June 3**

**Last Day of School**

**Breakfast**  
Choice of Juice, Fruit and Milk  
Cereal with Toast  
or Cook's Choice

**Early Dismissal**  
Deli Hoagie  
PB & J Uncrustable  
Sides:  
Cook's Choice of Vegetable /  
Fresh Veggies  
Fruit and Milk

**Wednesday, June 4**

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

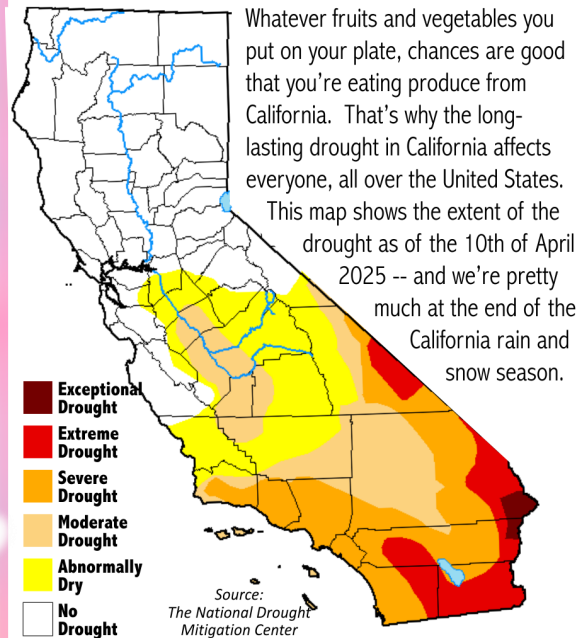
**FREE SUMMER MEALS  
for KIDS-  
STARTS MONDAY**  
June 9th  
11:30-12:15  
Summer Lunch Program will be  
served at  
**Middle School**  
(enter in the back by cafeteria)



**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:**

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

**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)**