

Chico Country Day May Menu 2018



PRICES

BREAKFAST

FREE: \$0

REDUCED: \$0

FULL PAID: \$1.50

ADULTS &

SIBLINGS \$2.50

Monday	Tuesday	Wednesday	Thursday	Friday
Multigrain Cereal	Multigrain Cereal	Multigrain Cereal	Multigrain Cereal	Multigrain Cereal
Country Breakfast Pizza	Waffle and Sausage Sandwich	Fresh Baked Muffin Top	Fresh Baked Cinnamon Roll	Fresh Baked Muffin
French Toast Sticks	Yogurt and Granola	Breakfast Sandwich	Yogurt and Granola	Bagel & Cream Cheese

Served Daily

GARDEN BAR SERVED FOR LUNCH DAILY W/ SEASONAL FRESH FRUITS & VEGETABLES AND IS OFFERED WITH Choice of 1% White of Fat Free Chocolate Milk

LUNCH

FREE: \$0

REDUCED: \$.0

PAID: \$2.70

Adults &

Siblings \$3.50

Chico Chicken Chunks w/Tots	Taco Bowl w/ Tortilla Chips	Chili Cheese Wedges w/ Tortilla Chips	Fruit, Yogurt and Parfaits w/ String Cheese	Teriyaki Noodle Bowl
Pepperoni Pizza Cheese Pizza	Chicken Taquitos (2) W/ Sunflower Seeds	Bean & Cheese Burrito Pepperoni Pizza Cheese Pizza Meat Lovers Pizza	Fiesta Taco Salad w/ Tortilla Chips	Cheese Pizza Pepperoni Pizza
PB&J W/ Sunflower Seeds	Hamburger Cheese Burger Veggie Burger	WG COOKIE	Hamburger Cheese Burger	Chicken Burger Bean & Cheese Burrito
		Must take 1/2 cup Fruit and Or Vegetable Daily	PB&J W/ Sunflower Seeds	

Offered with choice of 1% White or Fat Free Chocolate milk. Must take 1/2 cup fruit/veg + 1 entrée or Fruit, Vegetable and Milk for Reimbursable meal.

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1 AND ONLY!

The common goldfish is the only animal that can see both ultraviolet and infrared light. So when you use your TV remote, your fish sees the beam!



VEGETABLE OF THE MONTH

Radish

Radishes make a crunchy, peppery addition to salads and sandwiches, and the radish greens and roots are edible, too! The nutritional payoff is great for such a small package – fiber, vitamins C and B-6, antioxidants, beta-carotene, iron, and more!

NUTRITION TO GO

Broccoli is an excellent source of vitamin C and beta carotene, both of which can help fight cancer. Frozen broccoli actually has more beta carotene (but less vitamin C) than fresh. Steaming fresh broccoli is the best way to retain nutrients and avoid the "too strong" flavor that results from overcooking.

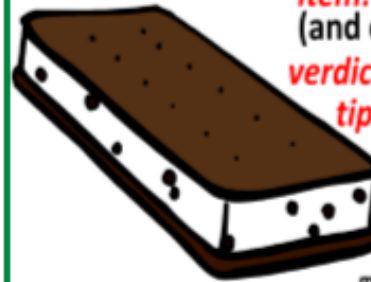
A QUICK-BITE FOR TEENS SCHOOL LUNCH SUPERHERO DAY MAY 4TH



AND SCHOOL NUTRITION EMPLOYEE APPRECIATION WEEK MAY 7-11

eatfit

wanna stay fit? gotta eat right!



item: ice cream sandwich (and other summer treats)

verdict: look before you lick

tip: We're not going to tell you not to ever eat ice cream, but it should not be a daily routine, even in hot weather. And check the labels – some summer treats have MUCH more sugar than an ice cream sandwich.



MOM

Happy Mother's Day

Don't forget Mom! Sunday, May 13

NO SCHOOL MONDAY MAY 28th in Observance of Memorial Day

- ### May National Holidays
- May 1. School Principals Day
 - May 3. National Lumpy Rug Day
 - May 8. National Teacher Appreciation Day
 - May 10. National Clean up your Room Day
 - May 12. National Miniature Golf Day
 - May 13. Mothers Day
 - May 16. National Sea Monkey Day
 - May 20. National Take Your Parents to the Playground Day
 - May 24. National Brothers Day
 - May 25 National Brown-Bag it Day
 - May 29. National Paperclip Day
 - May 30. National Hole in My Bucket Day

CHECK. UP.

Here's a heads-UP to UP your chances for waking UP healthy every day: get an annual CHECK UP.

Whether you are young or old or somewhere in between, a yearly doctor visit can find and fix problems before they crop UP!

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

Cinco De Mayo

May 5

In Mexico, Cinco de Mayo marks a famous Mexican military victory. In the United States and elsewhere around the world, the day is a celebration of Mexican heritage and culture. Cinco de Mayo is really a bigger deal here than it is in Mexico!