












May 2023 Breakfast & Lunch 6-8 Grades


























MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	NOTES
<p>1 National Mother Goose Day</p>  <p>Breakfast</p> <p>Mini French Toast 🍞 or Cheese Quesadilla, Salsa PC 🌮 or Assorted Cereal 🍲</p> <hr/> <p>LUNCH</p> <p>Homemade Beef Potato Cheese & Green Chili Burrito, Fresh Garden Salad, Ranch Dressing PC, Mixed Vegetables Hot Sauce PC, Fruit 🥗 or Nacho Tater Tots with Ground Beef, Yellow Corn, Banana Bread Slice, Fruit 🍌</p>	<p>2 National Brothers and Sisters Day</p>  <p>Breakfast</p> <p>Peanut Butter & Strawberry Jelly Sandwich 🍞 or Homemade Bean Burrito, Salsa PC 🌮 or Assorted Cereal 🍲</p> <hr/> <p>LUNCH</p> <p>Chicken Alfredo w/Twist, Biscuit, Green Bean, Cucumber Slices, Ranch Dressing PC, Fruit 🥗 or Boneless Wings, Country Blend Vegetables, Cheez-it Crackers, Celery Sticks, Ranch Dressing PC, Fruit 🍗</p>	<p>3 International Wild Koala Day</p>  <p>Breakfast</p> <p>Breakfast Sausage Pizza 🍕 or English Muffin w/Egg Patty & Cheese 🍞 or Assorted Cereal 🍲</p> <hr/> <p>LUNCH</p> <p>Bean Tostadas 🌮, Hot Sauce PC, Fajita Blend Vegetables, Ranch Dressing PC, Spanish Rice, Fruit 🥗 or Spicy Chicken Salad-Spicy Chicken Patty, Romaine Lettuce, Grape Tomatoes, Roasted Corn with Peppers, Avocado, Ranch Dressing PC, Corn Tortilla Chips, Fruit 🍗</p>	<p>4 Star Wars Day</p>  <p>Breakfast</p> <p>Banana Bread 🍞 or Chicken & Waffles w/Syrup PC 🍗 or Assorted Cereal 🍲</p> <hr/> <p>LUNCH</p> <p>Chicken Tacos, Pinto Beans, Baby Carrots, Ranch Dressing PC, Taco Sauce PC, Fruit 🌮 or Macaroni & Cheese, Popcorn Chicken, Green Beans, Garlic Bread Slice, Fruit 🍝</p>	<p>5 School Lunch Hero Day</p>  <p>Breakfast</p> <p>Frosted Mini Shredded Wheats 🍞 Blueberry Yogurt 🥛 or Scrambled Eggs, Bacon 🍳 & Biscuit, Salsa PC 🍞 or Assorted Cereal 🍲</p> <hr/> <p>LUNCH</p> <p>Smothered Red Chili Bean Burrito 🌮 Yellow Corn, Spanish Rice, Fruit 🥗 or Chicken Tender Salad, Spring Salad Mix, Spinach, Grape Tomatoes, Red Bell Peppers, Shredded Carrots, Chicken Tenders, Croissant, Ranch Dressing PC, Fruit 🍗</p>	<p>Served Monday-Friday for Breakfast-Fruit Juice, Fruit & Milk</p> <p>Served Monday-Friday for Lunch-Milk, See Menu for Fruit Component</p> <p>Contains Pork 🐷 Meatless Menu 🌱</p> <p><i>Students may choose only one entrée at breakfast and only one entrée at lunch.</i></p> <p>Did you Know? <i>May is National egg month eggs are filled with protein and antioxidants. They are an easily served that contributes to muscle strength, brain function, eye health, and weight management. Go beyond the more traditional recipes and experiment with ideas and techniques you have never tried before. Mix in your favorite vegetables, meats, and sauces. Bake, poach, hard-cook, fry, or scramble up a personalized egg dish. A healthy egg dish will always leave you feeling "sunny side up."</i></p> 
<p>8 No Socks Day</p>  <p>Breakfast</p> <p>Strawberry Cream Cheese Mini Bagel 🍞 or Zucchini Bread 🍞 or Assorted Cereal 🍲</p> <hr/> <p>LUNCH</p> <p>Red Cheese & Beef Enchiladas, Pinto Beans, Fresh Garden Salad, Cucumber Slices, Ranch Dressing PC, Fruit 🥗 or Popcorn Chicken, Mashed Potato. Brown Gravy, Cheddar Cheese, Yellow Corn, Cinnamon Bread Slice, Fruit 🍗</p>	<p>9 National Lost Sock Memorial Day</p>  <p>Breakfast</p> <p>Piggie Stick 🐷 or Homemade Beef Potato Green Chili & Cheese Burrito 🌮 or Assorted Cereal 🍲</p> <hr/> <p>LUNCH</p> <p>Spaghetti w/Meatballs, Italian Blend Vegetable, Celery Sticks, Ranch Dressing PC, Bread Stick, Fruit 🥗 or Orange Chicken, Steamed Rice Oriental Blend 🍗</p>	<p>10 National Clean Your Room Day</p>  <p>Breakfast</p> <p>Mini Blueberry Waffle 🍞 or Omelet /w Croissant 🍞 or Assorted Cereal 🍲</p> <hr/> <p>LUNCH</p> <p>Chili Con Carne w/Beans, Corn Bread, Yellow Corn, Baby Carrots, Ranch Dressing PC, Fruit 🥗 or Spicy Chicken Salad, Spicy Chicken Patty, Romaine Lettuce, Grape Tomatoes, Roasted Corn with Peppers, Avocado, Ranch Dressing PC, Corn Tortilla Chips, Fruit 🍗</p>	<p>11 Make a Book Day</p>  <p>Breakfast</p> <p>Biscuit w/ Turkey Sausage & Cheese 🍞 or Red Chilaquilles 🌮 or Assorted Cereal 🍲</p> <hr/> <p>LUNCH</p> <p>Chicken Tenders, Mashed Potatoes, White Gravy, California Blend Vegetables, Dinner Roll, Fruit 🍗 or Chili & Cheese Tater Tots. Yellow Corn, Croissant, Fruit 🍗</p>	<p>12 International Nurses Day</p>  <p>Breakfast</p> <p>Lucky Charms Cereal 🍲 Go-Gurt 🍲 or Homemade Egg & Cheese Burrito 🌮 Salsa PC 🌮 or Breakfast Pork 🍖 Sausage Pizza 🍕</p> <hr/> <p>LUNCH</p> <p>Macaroni & Cheese 🍝, County Blend 🍞 or Vegetables, Biscuit, Baked Beans 🍲, Fruit 🍌 or Chicken Tender Salad, Spring Salad Mix, Spinach, Grape Tomatoes, Red Bell Peppers, Shredded Carrots, Chicken Tenders, Croissant, Ranch Dressing PC, Fruit 🍗</p>	

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<p>15 Bring Flowers to Someone Day</p>  <p>Breakfast Apple Frudel  or Waffles, Syrup PC  or Assorted Cereal </p> <hr/> <p>LUNCH Cheese Pizza  , Fresh Garden Salad, Ranch Dressing PC, Celery Sticks, Fruit or Nacho Tater Tots with Ground Beef, Yellow Corn, Banana Bread Slice, Fruit</p>	<p>16 Drawing Day</p>  <p>Breakfast Chocolate, Chocolate Chip Muffin  or Homemade Chorizo Egg & Cheese Burrito  or Assorted Cereal </p> <hr/> <p>LUNCH Green Chili Cheese Chicken Enchiladas, Pinto Beans, Spanish Rice, Fruit or Boneless Wings, Country Blend Vegetables, Cheez-it Crackers, Celery Sticks, Ranch Dressing PC, Fruit</p>	<p>17 National Graduation Tassel Day</p>  <p>Breakfast Bacon Scramble Breakfast Pizza  or Cheese Quesadilla w/Ham Slice Salsa PC  or Assorted Cereal </p> <hr/> <p>LUNCH Corn Dog, Ketchup PC, Mustard PC, Ranch Beans  , Sweet Potato Waffle Fries, Fruit or Spicy Chicken Salad, Spicy Chicken Patty, Romaine Lettuce, Grape Tomatoes, Roasted Corn with Peppers, Avocado, Ranch Dressing PC, Corn Tortilla Chips, Fruit</p>	<p>18 International Museum Day</p>  <p>Breakfast Chef Choice  or Breakfast Sausage Skillet w/Tortilla, Salsa PC  or Assorted Cereal </p> <hr/> <p>LUNCH Chef Choice Fruit or Macaroni & Cheese, Popcorn Chicken Green Beans, Garlic Bread Slice, Fruit</p>	<p>19 National Devil's Food Cake Day</p>  <p>Breakfast Golden Grahams Cereal  Raspberry Yogurt  or French Toast Sticks  Syrup PC  or Banana Bread </p> <hr/> <p>LUNCH Fish Sticks w/Tartar Sauce, Tater Tots, Ketchup PC, Cucumber Slices Ranch PC Fruit or Chicken Tender Salad, Spring Salad Mix, Spinach, Grape Tomatoes, Red Bell Peppers, Shredded Carrots, Chicken Tenders, Croissant, Ranch Dressing PC, Fruit</p>	
<p>22 Buy a Musical Instrument Day</p>  <p>Breakfast Chocolate Chip Breakfast Round  or English Muffin w/Egg Patty & Bacon, Salsa PC  or Assorted Cereal </p> <hr/> <p>LUNCH Homemade Chicken Potato, Green Chili & Cheese Burrito, Yellow Corn, Celery Sticks, Ranch Dressing PC, Hot Sauce PC, Fruit or Popcorn Chicken, Mashed Potato. Brown Gravy, Cheddar Cheese, Yellow Corn, Cinnamon Bread Slice, Fruit</p>	<p>23 World Turtle Day</p>  <p>Breakfast Eggo Mini Maple Pancake  or Homemade Red Chili, Hamburger, Cheese, Potato Burrito  or Assorted Cereal </p> <hr/> <p>LUNCH Chili Cheese Dog, Sweet Potato Fries, Ketchup PC, Cucumber Slices, Ranch Dressing PC, Fruit or Orange Chicken, Steamed Rice, Oriental Blend</p>	<p>24 National Brother's Day</p>  <p>Breakfast Croissant w/Egg Patty & Cheese  or Hormel Breakfast Bar  & Sports Bite Grahams  or Assorted Cereal </p> <hr/> <p>LUNCH Diced Pork  w/Potato & Red Chili, Flour Tortilla, Pinto Beans, Cauliflower Florets, Ranch Dressing PC, Fruit or Spicy Chicken Salad, Spicy Chicken Patty, Romaine Lettuce, Grape Tomatoes, Roasted Corn with Peppers, Avocado, Ranch Dressing PC, Corn Tortilla Chips, Fruit</p>	<p>25 Last Day of School</p>  <p>Breakfast Mini Cinni Roll  or Biscuits & Gravy w/Turkey Sausage Patty  or Assorted Cereal </p> <hr/> <p>LUNCH Chicken Nuggets, Mashed Potatoes, Brown Gravy,  Green Beans, Fruit or Chili & Cheese Tater Tots, Yellow Corn, Croissant, Fruit</p>	<p>25 National Sunscreen Day</p>  <p>No School</p>	

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<p>29 Memorial Day</p>  <p>No Meal Service Today</p>	<p>30 Start of Summer Lunches</p>  <p>Breakfast Peanut Butter & Strawberry Jelly Sandwich 🍌</p> <hr/> <p>LUNCH Chicken Alfredo w/Twist, Biscuit, Green Bean, Cucumber Slices, Ranch Dressing PC, Fruit</p>	<p>31 National Smile Day</p>  <p>Breakfast Breakfast Sausage Pizza 🍕</p> <hr/> <p>LUNCH Bean Tostadas 🍌, Hot Sauce PC, Fajita Blend Vegetables, Spanish Rice, Spanish Rice, Fruit</p>	<p>June 1 Dinosaur Day</p>  <p>Breakfast Banana Bread 🍌</p> <hr/> <p>LUNCH Chicken Tacos, Pinto Beans, Baby Carrots, Ranch Dressing PC, Taco Sauce PC, Fruit</p>	<p>June 2 National Rocky Road Day</p>  <p>Breakfast Frosted Mini Wheats Blueberry Yogurt 🍌</p> <hr/> <p>LUNCH Homemade Bean Burrito 🍌, Yellow Corn, Cauliflower Florets, Ranch Dressing PC, Spanish Rice, Fruit</p>	



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