












# May 2023 After School Supper Program K-12<sup>th</sup> Grades

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	NOTES
<p>1 National Mother Goose Day</p>  <p>Turkey &amp; Cheese on a Croissant, Mayonnaise PC, Broccoli Florets, Ranch Dressing PC, Fruit, Milk</p>	<p>2 National Brothers and Sisters Day</p>  <p>Chicken Nuggets, BBQ Sauce Cup, Baby Carrots, Ranch Dressing PC, Fruit, Milk</p>	<p>3 International Wild Koala Day</p>  <p>Grilled Cheese Sandwich 🍷, Celery Sticks, Ranch Dressing PC, Fruit, Milk</p>	<p>4 Star Wars Day</p>  <p>Banana Bread 🍌 ~ Cheese Pizza on Flatbread 🍷 Cucumber Slices, Ranch Dressing PC, Fruit, Milk</p>	<p>5 School Lunch Hero Day</p>  <p><b>SCHOOL LUNCH HERO DAY</b></p> <p><b>NO PROGRAM ON FRIDAY'S</b></p>	<p>Served Monday-Friday for <b>Breakfast-Fruit Juice, Fruit &amp; Milk</b> Served Monday-Friday for <b>Lunch-Milk</b>, See Menu for Fruit Component</p> <p>Contains Pork 🐷 Meatless Menu 🍷</p> <p><i><b>Did you Know?</b></i> <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><b>Happy No Socks Day</b></p> <p>Ham 🐷 &amp; Cheese on a Croissant, Mayonnaise PC, Broccoli Florets, Ranch Dressing PC, Fruit, Milk</p>	<p>9 National Lost Sock Memorial Day</p>  <p><b>LOST SOCK</b></p>	<p>10 National Clean Your Room Day</p> 	<p>11 Make a Book Day</p> 	<p>12 International Nurses Day</p> 	

"We Think Nutrition Because Kids Can't Think Without It"

Menus Subject to Change

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