


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Mini Chicken Sandwiches Carrot Coins Assorted Gelatin Cups Fruit Sherbet	2 Ham & Swiss/Rye or Ham & American/Wheat Choice: Lettuce/Tomato Sauerkraut Strawberries	3 Pepperoni Pizzas Corn Fruit Cocktail	4 Hamburger Gravy Over Mashed Potatoes Wheat Roll Mandarin Oranges
7 Tacos Rice Pilaf Pineapple Chunks	8 Corn Dog French Fries Sliced Pears	9 Chicken Fajita Roasted Onion/Peppers Corn or Beans & Bacon Rice Pilaf Mandarin Oranges	10 Sizzlin' Ham and Cheese Sandwich Peas Pineapple Chunks	11 American Burger Bar Seasoned Baby Potatoes BBQ Beans Apple Crisp
14 Macaroni, Ham & Cheese Wheat Roll Peas Strawberries	15 BBQ Riblette Sandwich Tator Tots Mandarin Oranges Vanilla, Chocolate or Tapioca Pudding	16 Chicken Chunk Wrap Chips or Pretzels Potato Salad Sliced Peaches	17 Pasta Bar: Choice: Chicken Alfredo or Red Meat Sauce Garlic Breadstick Broccoli/Cauliflower Fresh Grapes	18 Sloppy Joes or Egg Salad Sandwich Tator Tots Strawberries
21 Pizza Corn Applesauce	22 Teriyaki Beef Rice Bowl Egg Roll with Sweet and Sour Sauce Mandarin Oranges	23 Cook's Choice	24 Cheese Quesadillas Salsa Corn on the Cob Fresh Fruit Mix	25 11:30 DISMISSAL NO HOT LUNCH
28 NO SCHOOL MEMORIAL DAY	29 Chicken Patty Sandwich Green Beans Sliced Pears	30 Salisbury Steak Mashed Potatoes Applesauce	31 Hot Dog on a Bun Baked Beans Fries Apple Slices	SALAD BAR AND 1%, SKIM, AND CHOCOLATE MILK AVAILABLE AT EACH LUNCH

NUTRITION TIP: Hydration Tips for Athletes

- Only a 2% (3-lb loss for a 150-lb athlete) weight loss during exercise can reduce your performance.¹
- When you get thirsty you are already dehydrated. Try to drink every 15 minutes of exercise.²

School Information:

- NO SCHOOL ON MONDAY, MAY 28 – MEMORIAL DAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Apple Frudel Yogurt 100% Fruit Juice 1% or Skim Milk	2 Assorted Cereal Toast 100% Fruit Juice 1% or Skim Milk	3 Sausage & Cheese Breakfast Bagel 100% Fruit Juice 1% or Skim Milk	4 Muffin Assorted Cereal 100% Fruit Juice 1% or Skim Milk
7 Cheese Omelet Tri Tator 100% Fruit Juice 1% or Skim Milk	8 Assorted Cereal Toast and Jelly 100% Fruit Juice 1% or Skim Milk	9 Cheesy Quesadilla Salsa 100% Fruit Juice 1% or Skim Milk	10 Snack 'n Waffle Sausage Patty 100% Fruit Juice 1% or Skim Milk	11 Biscuit and Honey Assorted Cereal 100% Fruit Juice 1% or Skim Milk
14 Assorted Cereal Cinnamon Toast 100% Fruit Juice 1% or Skim Milk	15 Breakfast Burrito Salsa 100% Fruit Juice 1% or Skim Milk	16 Assorted Cereal Toast and Jelly 100% Fruit Juice 1% or Skim Milk	17 Bagel Graham Crackers 100% Fruit Juice 1% or Skim Milk	18 Cinnamon Roll 100% Fruit Juice 1% or Skim Milk
21 Breakfast Bar String Cheese or Yogurt 100% Fruit Juice 1% or Skim Milk	22 Assorted Cereal Toast 100% Fruit Juice 1% or Skim Milk	23 French Toast Sticks Hard Cooked Egg 100% Fruit Juice 1% or Skim Milk	24 Cheese Omelet Tri Tator 100% Fruit Juice 1% or Skim Milk	25 Jumpstarts 1% or Skim Milk 11:30 A.M. DISMISSAL
28 NO SCHOOL MEMORIAL DAY	29 Assorted Cereal Toast and Jelly 100% Fruit Juice 1% or Skim Milk	30 Breakfast Round String Cheese or Yogurt 100% Fruit Juice 1% or Skim Milk	31 English Muffin Assorted Cereal 100% Fruit Juice 1% or Skim Milk	

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School Information:

- 5-8 SPRING CONCERT – MAY 15
- JK-4 SPRING CONCERT – MAY 17
- 11:30 A.M. DISMISSAL – MAY 25