



May 2023

5GA & SCMS



Monday, May 1

Lunch

Mini Corn Dogs
Baked Beans
French Fries
Fruit

Tuesday, May 2

Lunch

Walking Taco
w/ Salsa & Cheese
Veggie Dipper
Corn & Black
Beans
Fruit

Wednesday, May 3

Lunch

BBQ Meatballs
Texas Toast
Veggie Dippers
Tator Tots
Fruit

Thursday, May 4

Lunch

Chicken Sandwich
Lettuce, Tomato,
Pickles
Baked Beans
Veggie Dippers
Fruit

Friday, May 5

Lunch

Pizza Variety
Garden Salad
Corn
Frozen Fruit Cup

Monday, May 8

Lunch

Cheeseburger
Lettuce/Pickles
Baked Beans
Potato Wedges
Fruit

Tuesday, May 9

Lunch

Cowboy Nachos
Salsa & Cheese
Black Bean Salad
Corn
Fruit

Wednesday, May 10

Lunch

Sub Your Way
Ham & Cheese
w/fixings
Veggie Dippers
Baked Chips
Fruit

Thursday, May 11

Lunch

Popcorn Chicken
Regular or Spicy
Dinner Roll
Roasted Potatoes
Veggie Dippers
Fruit

Friday, May 12

Lunch

Pizza Variety
Garden Salad
Corn
Frozen Fruit Cup

Daily Options:

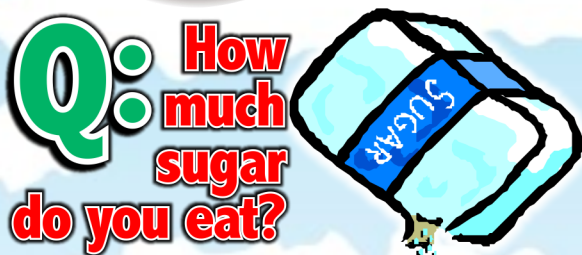
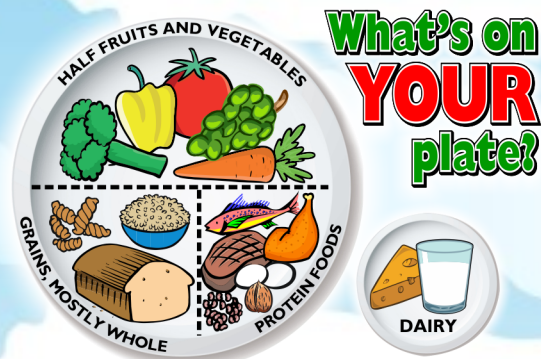
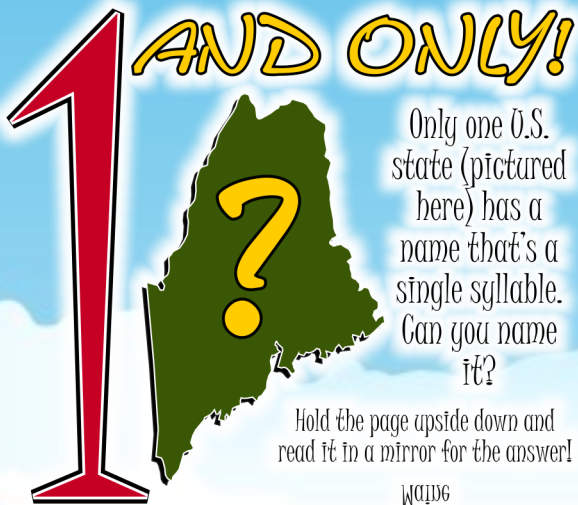
PBJ Sandwich,
String Cheese
Daily Fruit/Veggie Choices
or
Protein Power Pack
with Yogurt,
String Cheese,
Grain, & Daily
Fruit/Veggie Choices
or
Chef Salad w/Protein, Grain
& Daily Fruit/Veggie Choices

All meals include milk choice:
Fat Free Flavored,
Skim, and 1% milk

Market conditions, delivery, and availability of food
may require changes in menu.

Harvest of the Month
Blueberries

This institution is an equal opportunity provider.



A: If you eat like most Americans, you consume over 20 teaspoons of added sugar every single day, or 115 pounds a year. That's just what we get from processed food and drinks, without ever actually dipping a spoon in the sugar bowl. Current guidelines recommend no more than 6-9 teaspoons of added sugar a day. Want the same sweetness without the side effects? Get your sugar the natural way – from fresh fruit.

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, May 15

Lunch

Fish Sticks
Black Eyed Peas
Coleslaw
Mac N Cheese
Fruit

Tuesday, May 16

Lunch

Chicken Fajita
Wrap
w/ Salsa & Cheese
Veggie Dipper
Refried Beans
Fruit

Wednesday, May 17

Lunch

Rotini Pasta
w/ Meat Sauce
Garlic Bread
English Peas
Fruit

Thursday, May 18

Lunch

Popcorn Chicken
w/Rice
Spring Roll
Veggie Blend
Fruit
Fortune Cookie

Friday, May 19

Lunch

Manager's
Choice

Monday, May 22

Lunch

Manager's
Choice

Tuesday, May 23

Lunch

Manager's
Choice

Wednesday, May 24

Lunch

Sack Lunch
Sandwich
Veggie Dippers
Baked Chips
Fruit
Honey Graham

Thursday, May 25

Friday, May 26

SCHS Graduation

Monday, May 29



Tuesday, May 30

Wednesday, May 31

Have a
GREAT SUMMER!

Thanks for eating with us this year. We look forward to seeing you when school starts up