



This institution is an equal opportunity provider. Menus are subject to change.

# Queen for a Day!



Mother's Day ♡ Sunday, May 11

Thursday, May 1

### Breakfast

Choice of Juice, Fruit and Milk  
Cold Cereal, Bagels,  
Egg and Cheese Muffin

### Lunch

Toasted Cheese Sandwich  
Meatball Hoagie  
PB & J Sandwich  
Salad Bar / Deli Hoagie / Wrap  
Sides:  
Tomato Soup with Crackers  
Tossed Salad / Fresh Veggies  
Fruit and Milk

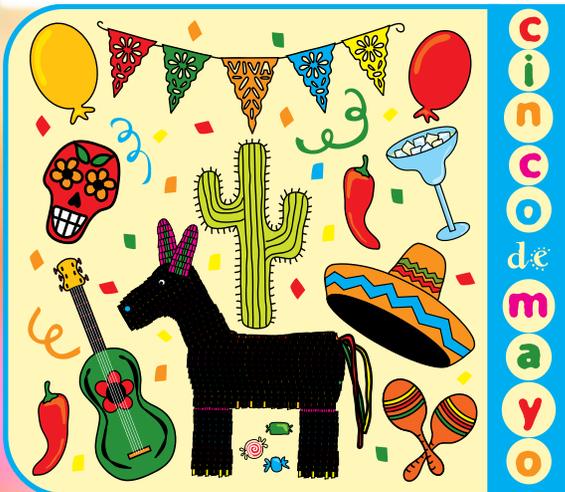
Friday, May 2

### Breakfast

Choice of Juice, Fruit and Milk  
Cold Cereal, Bagels,  
Pancakes and Sausage

### MS Dominoes Lunch

HS serving Corn Dog Nuggets with Roll  
Turkey and Cheese Croissant  
PB & J Sandwich  
Salad Bar / Deli Hoagie / Wrap  
Sides:  
Zesty Baked Beans / Fresh Veggies  
Fruit and Milk



Monday, May 5

### Breakfast

Choice of Juice, Fruit and Milk  
Cold Cereal, Bagels,  
Pizza Bagel

### Cinco de Mayo Lunch

Beef or Chicken Taco  
With Cheese over Chips  
NEW Burritos—Bean and Cheese  
(Beef or Chicken)  
PB & J Sandwich  
Salad Bar / Deli Hoagie / Wrap  
Sides: Spanish Rice/ Refried Beans/  
Lettuce and Tomato  
Fruit and Milk

Tuesday, May 6

### Breakfast

Choice of Juice, Fruit and Milk  
Cold Cereal, Bagels,  
Cinnamon Roll

### Lunch

Pasta with Meat Sauce with  
Garlic Bread  
Spicy Chicken Patty Sandwich  
PB & J Sandwich  
Salad Bar / Deli Hoagie / Wrap  
Sides:  
Steamed Broccoli / Fresh Veggies  
Fruit and Milk

Wednesday, May 7

### Breakfast

Choice of Juice, Fruit and Milk  
Cold Cereal, Bagels,  
Breakfast Scrambler

### Lunch

Cheese Calzone with Sauce  
Ham and Cheese Panini  
PB & J Sandwich  
Salad Bar / Deli Hoagie / Wrap  
Sides:  
Cesar Salad / Fresh Veggies  
Fruit and Milk  
**Fresh Baked Cookie!**

Thursday, May 8

### Breakfast

Choice of Juice, Fruit and Milk  
Cold Cereal, Bagels,  
Sausage Cheese Bagel

### Lunch

Chicken and Waffles  
BBQ Rib Sandwich  
PB & J Sandwich  
Salad Bar / Deli Hoagie / Wrap  
Sides:  
Creamy Mashed Potatoes / Fresh  
Veggies  
Baked Fruit Crisp and Milk

Friday, May 9

### Breakfast

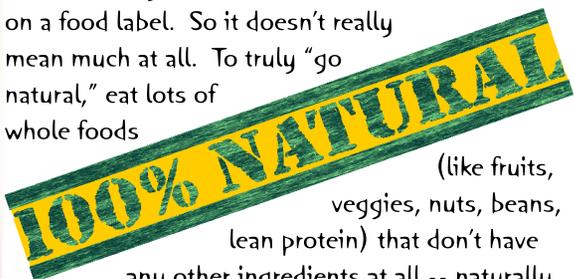
Choice of Juice, Fruit and Milk  
Cold Cereal, Bagels,  
Funnel Cake

### HS Dominoes Lunch

MS serving Stuffed Crust Pizza  
Sticks with Sauce  
Fish Sandwich  
PB & J Sandwich  
Salad Bar / Deli Hoagie / Wrap  
Sides: Broccoli Salad / Fresh  
Veggies  
Fruit and Milk

## GOING NATURAL?

There's no legal definition of the word "natural" on a food label. So it doesn't really mean much at all. To truly "go natural," eat lots of whole foods



(like fruits, veggies, nuts, beans, lean protein) that don't have any other ingredients at all -- naturally.

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

Monday, May 12

### Breakfast

Choice of Juice, Fruit and Milk  
Cold Cereal, Bagels,  
French Toast Sticks

### Lunch

Chicken Nuggets with Whole  
Wheat Roll  
Pulled Pork BBQ on a Roll  
PB & J Sandwich  
Salad Bar / Deli Hoagie / Wrap  
Sides:  
Sweet Potato Fries / Fresh  
Veggies Fruit and Milk

Tuesday, May 13

### Breakfast

Choice of Juice, Fruit and Milk  
Cold Cereal, Bagels,  
Breakfast Pizza

### Lunch

Cheese Lasagna Rollup Sauce  
and Garlic Bread  
Grilled Chicken Wrap  
PB & J Sandwich  
Salad Bar / Deli Hoagie / Wrap  
Sides:  
Caesar Salad/ Fresh Veggies  
Fruit and Milk

Wednesday, May 14

### Breakfast

Choice of Juice, Fruit and Milk  
Cold Cereal, Bagels,  
Egg and Cheese Muffin

### Lunch

Popcorn Chicken Mashed Potato  
Bowl with Roll  
BBQ Rib Sandwich  
PB & J Sandwich  
Salad Bar / Deli Hoagie / Wrap  
Sides: Golden Corn  
Fresh Fruit and Milk

Thursday, May 15

### Breakfast

Choice of Juice, Fruit and Milk  
Cold Cereal, Bagels,  
Cinnamon Roll

### Lunch

Creamy Macaroni and Cheese  
with Roll  
Fish Sticks with Roll  
Salad Bar / Deli Hoagie / Wrap  
Sides:  
Steamed Broccoli / Fresh Veggies  
Fruit and Milk  
**Pudding Cup!**

Friday, May 16

### Breakfast

Choice of Juice, Fruit and Milk  
Cold Cereal, Bagels,  
Sausage Gravy over Biscuit

### Lunch

Pizza Quesadillas with Salsa and  
Sour cream  
Sloppy Joe on a Roll  
Salad Bar / Deli Hoagie / Wrap  
Sides:  
Zesty Baked Beans / Fresh  
Veggies  
Fruit and Milk

**Monday, May 19**

**Breakfast**  
Choice of Juice, Fruit and Milk  
Cold Cereal, Bagels,  
Pizza Bagel

**Pretzel Lunch**  
Chicken Tenders with Soft Pretzel  
Ham and Cheese Panini  
PB & J Sandwich  
Salad Bar / Deli Hoagie / Wrap  
Sides:  
Emoji Potatoes / Fresh Veggies  
Fruit and Milk

**Tuesday, May 20**

**Breakfast**  
Choice of Juice, Fruit and Milk  
Cold Cereal, Bagels,  
Breakfast Bites

**Lunch**  
PA Preferred Beef over Noodles and Roll  
Chicken Patty Sandwich  
PB & J Sandwich  
Salad Bar / Deli Hoagie / Wrap  
Sides:  
Tossed Salad / Veggies  
Fruit and Milk

**Wednesday, May 21**

**Breakfast**  
Choice of Juice, Fruit and Milk  
Cold Cereal, Bagels,  
Cinnamon Roll

**Lunch**  
General Tso Chicken over Fried Rice  
Turkey and Cheese Croissant  
PB & J Sandwich  
Salad Bar / Deli Hoagie / Wrap  
Sides:  
Steamed Broccoli / Fresh Veggies  
Fruit and Milk

**Thursday, May 22**

**Breakfast**  
Choice of Juice, Fruit and Milk  
Cold Cereal, Bagels,  
Egg, Ham and Cheese Bagel

**Picnic Lunch**  
BBQ Grilled Chicken on a Roll  
Hot Dog on a Roll  
PB & J Sandwich  
Salad Bar / Deli Hoagie / Wrap  
Sides:  
Pasta Salad  
Baked Beans / Fresh Veggies  
Fruit and Milk

**Friday, May 23**

**Breakfast**  
Choice of Juice, Fruit and Milk  
Cold Cereal, Bagels,  
or Maple Waffles

**Early Dismissal**  
**Breakfast for Lunch**  
2 Pancakes with 2 Sausage Links and Syrup  
Egg and Cheese Bagel  
PB & J Sandwich  
Salad Bar / Deli Hoagie / Wrap  
Sides:  
Tater Tots / Fresh Veggies  
Fruit and Milk

**Monday, May 26**



**MEMORIAL DAY**  
**NO SCHOOL TODAY**

**Tuesday, May 27**

**Breakfast**  
Choice of Juice, Fruit and Milk  
Cold Cereal, Bagels,  
or French Toast

**Lunch - HS Finals**  
**HS Café 11-11:45**  
Chicken Stixs and Roll  
Turkey and Cheese Croissant  
PB & J Sandwich  
Salad Bar / Deli Hoagie / Wrap  
Sides: Baked French Fries / Fresh Veggies  
Fruit and Milk

**Wednesday, May 28**

**Breakfast**  
Choice of Juice, Fruit and Milk  
Cold Cereal, Bagels,  
or Funnel Cake

**Lunch - HS Finals**  
**HS Café 11-11:45**  
Salisbury Steak with Egg Noodles and Roll  
Spicy Chicken Sandwich  
PB & J Sandwich  
Salad Bar / Deli Hoagie / Wrap  
Sides: Scalloped Potatoes / Fresh Veggies  
Fruit and Milk

**Thursday, May 29**

**Breakfast**  
Choice of Juice, Fruit and Milk  
Cold Cereal, Bagels,  
or Egg and Cheese Bagel

**Lunch - HS Finals**  
**HS Café 11-11:45**  
Jumbo Ravioli Sauce with Garlic Bread  
Hamburger / Cheeseburger  
PB & J Sandwich  
Salad Bar / Deli Hoagie / Wrap  
Sides: Tossed Salad / Fresh Veggies  
Fruit and Milk

**Friday, May 30**

**Breakfast**  
Choice of Juice, Fruit and Milk  
Cold Cereal, Bagels,  
or Cooks' Choice

**Lunch - HS Finals**  
**HS Café 11-11:30**  
Pizzeria Style Pizza  
Cook's Choice  
PB & J Sandwich  
Salad Bar / Deli Hoagie / Wrap  
Sides: Cooks' Choice of Vegetable / Fresh Veggies  
Fruit and Milk

**Monday, June 2**

**Breakfast**  
Choice of Juice, Fruit and Milk  
Cold Cereal, Bagels,  
or Cooks' Choice

**Lunch**  
Corn Dog Nuggets with Roll  
Cook's Choice  
PB & J Sandwich  
Salad Bar / Deli Hoagie / Wrap  
Sides: Cooks' Choice of Vegetable / Fresh Veggies  
Fruit and Milk

**Tuesday, June 3**

**Last Day of School**  
**Breakfast**  
Choice of Juice, Fruit and Milk  
Cold Cereal, Bagels,  
or Cooks' Choice

**Lunch - Early Dismissal**  
French Toast Sticks and 2 Sausage  
Cook's Choice / PB & J Sandwich  
Salad Bar / Deli Hoagie / Wrap  
Sides: Cooks' Choice of Vegetable / Fresh Veggies  
Fruit and Milk

**Wednesday, June 4**

**No School!**  
**Enjoy your Summer**

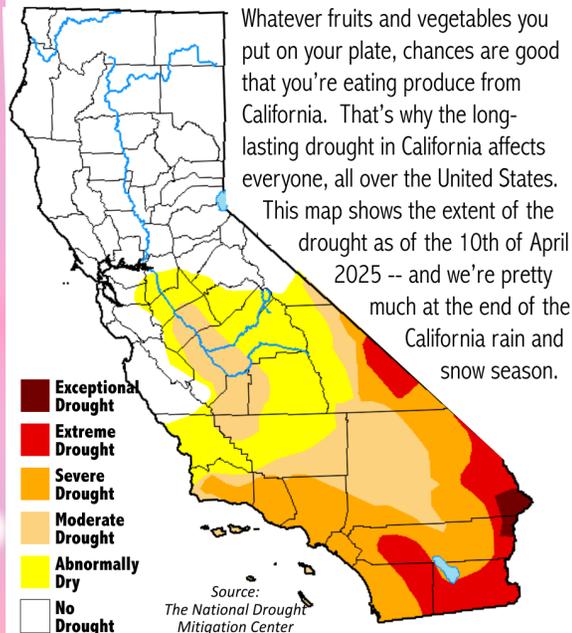
**FREE SUMMER MEALS for KIDS- STARTS MONDAY**  
June 9th  
11:30-12:15  
Summer Lunch Program will be served at  
**Middle School**  
(enter in the back by cafeteria)



Thanks For Your Business This Year!



**When California is dry, we're all in a drought**



**Percentages of U.S. production that comes from California:**

- Walnuts 99%
- Almonds 99%
- Artichokes 99%
- Pistachios 98%
- Kiwis 97%
- Plums 97%
- Broccoli 95%
- Celery 95%
- Garlic 95%
- Strawberries 92%
- Grapes 91%
- Tomatoes 90%
- Cauliflower 89%
- Lettuce 74%
- Spinach 71%
- Carrots 69%

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)