

TIME FOR LUNCH

ELEMENTARY SCHOOL MENU MAY & JUNE



A full student lunch includes protein, grains, vegetables, fruit, and milk.
Milk Choices include 1% white or fat free chocolate.
Vegetables and fruits are served daily with every meal.



Student Meals: **\$2.10**
Visitor / Staff Meals: **\$4.00**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>For online personal wellness resources for you and your family, visit ChooseMyPlate.gov</p>			DAY 4 1 1. Chicken & Gravy over Mashed Potatoes w/ Roll 2. Toasted Cheese Sandwich Steamed Broccoli Fresh Vegetables Fresh Fruit, Chilled Fruit	DAY 5 2 1. Sausage & Pancakes w/ Berries & Whipped Topping 2. Cheese Pizza Hash Brown Patty Fresh Vegetables Fresh Fruit, Chilled Fruit <i>*Cinnamon Goldfish Grahams*</i>
DAY 6 5 1. Cheese Stuffed Breadsticks w/ Sauce 2. PB&J Uncrustable w/ String Cheese Boston Baked Beans Fresh Vegetables Fresh Fruit, Chilled Fruit	DAY 1 6 1. Sweet & Sour Chicken over Brown Rice w/ Bread 2. Cheese Quesadilla Steamed Broccoli Fresh Vegetables Fresh Fruit Chilled Fruit	DAY 2 7 1. Walking Taco 2. Grilled Chicken Sandwich Steamed Corn Fresh Vegetables Fresh Fruit Chilled Fruit	DAY 3 8 1. Spaghetti w/ Italian Meat Sauce & Texas Toast 2. Hot Ham & Cheese Sandwich Savory Green Beans Fresh Vegetables Fresh Fruit, Chilled Fruit	DAY 4 9 1. Crispy Fish Sticks w/ Sliced Bread 2. Cheese Pizza Mixed Vegetable Medley Fresh Vegetables Fresh Fruit, Chilled Fruit <i>*Chocolate Chip Cookie*</i>
DAY 5 12 1. Chicken Nuggets w/ Sliced Bread 2. PB&J Uncrustable w/ String Cheese Smile Potatoes Fresh Vegetables Fresh Fruit, Chilled Fruit	DAY 6 13 1. Sausage & Pancakes w/ Berries & Whipped Topping 2. Hot Ham & Cheese Mixed Vegetable Medley Fresh Vegetables Fresh Fruit, Chilled Fruit <i>*Chocolate Tiger Grahams*</i>	DAY 1 14 1. Chicken Drumstick w/ Mashed Potatoes, Gravy & Roll 2. Turkey & Cheese Sandwich on a Bun Steamed Broccoli Fresh Vegetables Fresh Fruit, Chilled Fruit	DAY 2 15 1. Portesi Cheese Fries w/ Dipping Sauce 2. Grilled Chicken Sandwich Steamed Corn Fresh Vegetables Fresh Fruit, Chilled Fruit	E-LEARNING 16
19 <p>NO SCHOOL TODAY!</p>	DAY 3 20 1. Cheese Stuffed Breadsticks w/ Sauce & Sliced Bread 2. Grilled Chicken Sandwich Savory Green Beans Fresh Vegetables Fresh Fruit, Chilled Fruit	DAY 4 21 1. Chicken Nuggets 2. Turkey & Cheese Sandwich on a Bun Steamed Corn Fresh Vegetables Fresh Fruit Chilled Fruit	DAY 5 22 1. Classic Corn Dog 2. Chicken Ranch Wrap Smile Potatoes Fresh Vegetables Fresh Fruit Chilled Fruit	DAY 6 23 1. Crispy Fish Sticks 2. Cheese Pizza Steamed Broccoli Fresh Vegetables Fresh Fruit <i>*Frozen Sidekick*</i>
NO SCHOOL 26 <p>MEMORIAL DAY</p>	DAY 1 27 1. Crispy Chicken Sandwich 2. Cheese Quesadilla Steamed Broccoli Fresh Vegetables Fresh Fruit Chilled Fruit	DAY 2 28 1. Walking Taco 2. Grilled Chicken Sandwich Steamed Corn Fresh Vegetables Fresh Fruit Chilled Fruit	DAY 3 29 1. Cheese Stuffed Breadsticks w/ Sauce 2. BBQ Pork Sandwich Mixed Vegetable Medley Fresh Vegetables Fresh Fruit, Chilled Fruit <i>*Cinnamon Goldfish Grahams*</i>	DAY 4 30 1. Classic Hot Dog 2. Cheese Pizza Individual Bag of Chips Boston Baked Beans Fresh Veggies, Fresh Fruit Chilled Apple Slices <i>*Ice Cream*</i>
DAY 5 2 1. Mashed Potatoes & Popcorn Chicken Bowl 2. PB&J Uncrustable w/ String Cheese Steamed Broccoli Fresh Vegetables Fresh Fruit, Chilled Fruit	DAY 6 3 1. Crispy Chicken Sandwich 2. Cheese Quesadilla Steamed Corn Fresh Vegetables Fresh Fruit Chilled Fruit	DAY 1 4 1. Portesi Cheese Fries w/ Dipping Sauce 2. Ham & Cheese Hoagie Steamed Corn Fresh Vegetables Fresh Fruit Chilled Fruit	DAY 2 5 1. Classic Corn Dog 2. Turkey & Cheese Sandwich on a Bun Mixed Vegetable Medley Fresh Vegetables Fresh Fruit, Chilled Fruit <i>*Cheez-It Crackers*</i>	



Summer Squash is the Harvest of the Month!

Add summer squash to your favorite family meals:

- Saute chopped squash to add to pasta, burritos, or quesadillas.
- Serve raw slices to dip in hummus.
- Bake thin slices to make crispy zucchini chips.

Make meals and memories together. It's a lesson kids will use for life.

Did you know?
Zucchini is the most popular summer squash grown in Wisconsin. Other types include yellow straightneck, yellow crookneck, Patty pan, and Mexican squash (calabacita).



Nutritious, Delicious, Wisconsin!
#WlHarvestoftheMonth

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- Select** – Choose glossy, small- to medium-size squash.
- Store** – Refrigerate and use within 3-4 days.
- Prepare** – Grill, steam, boil, or saute. You can even eat the skin!



NATIONAL STRAWBERRY MONTH



- Strawberries are grown in all 50 U.S. states.
- The average strawberry has 200 seeds.
- 94% of U.S. households consume strawberries.
- One acre of land can produce up to 21 tons of strawberries annually.

facts

- Spanish translation: *La calabaza de verano* • Hmong translation: *Taub Meskas Me*
- Squash was originally found in Mexico and parts of Central America. People have been eating squash for more than 10,000 years!
- Zucchini is the most popular summer squash grown in Wisconsin. Other types include yellow straightneck, yellow crookneck, Patty pan, and Mexican squash (calabacita).
- Squash is technically a fruit since it flowers and contains seeds. Summer squash is in the same family as melons and cucumbers.
- The skin, seeds, and flesh can all be eaten raw or cooked. Did you know that the bright orange blossoms of the squash plant are edible as well? Serve squash blossoms fried, baked, or added to pasta or quesadillas.
- Squash is classified as either winter or summer squash based on storage length. Summer squash is harvested in the summer and has thin skin, so it cannot be stored fresh for the winter.



Zucchini

nutrition & seasonality

- **Key nutrients:**
- **Folate** - Helps prevent birth defects, is needed to make DNA, and helps your cells divide, including red blood cells.
- **Vitamin C** - Helps wounds heal, is important for the immune system, and is an antioxidant, which protects cells from damage.
- **Vitamin B6** - Important for immune system and brain function and helps you get energy from your food.
- Fresh summer squash grown in Wisconsin is available from July through September.

planting

Summer squash is a tender vegetable that prefers warm weather. Plant seeds in the garden after the threat of frost has passed, from spring to mid-summer. Summer squash need full sun and plenty of room to grow. You can also plant summer squash in large containers.

harvesting

Harvest summer squash when they are small and tender. Most elongated varieties, like zucchini, can be picked when they are 2 inches wide and 6 to 8 inches long. Harvest Patty pan squash when they are 3 to 4 inches wide. If a squash is left on the plant too long, it becomes large, hard, and seedy. Sometimes it is fun to see how large they can grow!

WHAT'S HAPPENING?

- May - National Egg Month
- May - National Strawberry Month
- May - National Asparagus Month
- May 4 - National Orange Juice Day
- May 5 - National Hoagie Day
- May 17 - National Walnut Day
- May 24 - National Asparagus Day
- May 28 - National Hamburger Day
- Jun - National Dairy Month
- Jun - National Cucumber Month
- Jun - National Papaya Month
- Jun 1 - World Milk Day
- Jun 3 - National Egg Day
- Jun 11 - National Corn on the Cob Day
- Jun 14 - National Cucumber Day
- Jun 21 - National Smoothie Day
- Jun 27 - National Pineapple Day
- Jun 27 - National Onion Day



ENJOY YOUR SUMMER BREAK!

CONTACT US:

715-345-5435
foodservices@pointschools.net

