



Orange County Schools Middle School Menus for May 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Menus are subject to change. Meal Prices Breakfast: \$1.75 Lunch: \$3.25 Adults: A la carte pricing	Daily Alternate Breakfast Entrée Options include: Cereal w/Graham Crackers Assorted Grab & Go Options	Breakfast includes 100% Fruit Juice and Fruit Choice, Breakfast and Lunch include choice of fat-free chocolate or 1% milk	May 1 Eggs, Sausage, and Toast Baked Potato Bar w/Roll or Chef Salad w/Grain Tossed Garden Salad Tomato Soup Fruit Choice	May 2 Cinnamon Bun Assorted Pizza Corn Vegetable Choice Fruit Choice
May 5 Sausage Biscuit Hot Ham & Cheese on Croissant or Chicken Sandwich Buttered Corn Collard Greens Fruit Choice	May 6 Strawberry Bagel Chicken Nachos or BBQ Pork Nachos Salsa Fiesta Black Beans Fruit Choice	May 7 Ham & Cheese Croissant Yogurt Parfait w/Granola or Assorted Pizza Tossed Garden Salad Carrots Fruit Choice	May 8 Breakfast Pizza Hot Dog on Bun w/Chili or Carolina Cheeseburger on Bun Cole Slaw Baked Beans Fruit Choice	May 9 French Toast Assorted Pizza Steamed Cabbage Cherry Tomatoes w/Dip Fruit Choice
May 12 Chicken Maple Sandwich Roasted Chicken w/Rice or Teriyaki Beef Bites w/Rice Mixed Vegetables Pinto Beans Fruit Choice	May 13 Breakfast Muffin Beef Nachos or Macaroni & Cheese w/Breadstick Green Beans Sweet Potatoes Fruit Choice	May 14 Chicken Biscuit Bento Box or Assorted Pizza Broccoli Carrots Fruit Choice	May 15 Yogurt Parfait Pork BBQ w/Hushpuppies or Corn Dog Baked Beans Oven Fries Fruit Choice	May 16 Manager's Choice Entrée Assorted Pizza Cucumber Slices w/Dip Vegetable Choice Fruit Choice
May 19 Pancakes Pizza Sticks w/Marinara or Fish Nuggets w/Hushpuppies Green Beans Spicy Pinto Beans Fruit Choice	May 20 Bacon, Egg, Cheese Croissant Chicken Wings w/Roll or Hamburger Steak w/Gravy & Roll Mashed Potatoes Green Peas Fruit Choice	May 21 Donut Orange Chicken w/Rice or Assorted Pizza Broccoli Carrots Fruit Choice	May 22 Eggs, Sausage, and Toast Baked Potato Bar w/Roll or Chef Salad w/Grain Tossed Garden Salad Tomato Soup Fruit Choice	May 23 Cinnamon Bun Assorted Pizza Corn Vegetable Choice Fruit Choice
May 26 No School Memorial Day Holiday	May 27 Strawberry Bagel Chicken Nachos or BBQ Pork Nachos Salsa Fiesta Black Beans Fruit Choice	May 28 Ham & Cheese Croissant Yogurt Parfait w/Granola or Assorted Pizza Tossed Garden Salad Carrots Fruit Choice	May 29 Breakfast Pizza Hot Dog on Bun w/Chili or Carolina Cheeseburger on Bun Cole Slaw Baked Beans Fruit Choice	May 30 French Toast Assorted Pizza Steamed Cabbage Cherry Tomatoes w/Dip Fruit Choice

Nutrition Byte

Go Screen Free!

May 5-9 is Screen Free Week! This annual, international celebration promotes reading, playing, thinking, creating, getting active, and spending more time with family and friends instead of watching TV, surfing the web, or playing with apps and video games. You can still use devices for work or school.

Why go screen free?

- Screen time can take away from physical activity that everyone needs to be healthy. Youth and adults who are active are more likely to be at a healthy weight, be sick less often, and sleep better. They are also able to focus, do better in school or at work, and are less likely to feel stressed or depressed.

- Excessive screen time can take us away from connecting with others.

What can you do?

- Turn on some music, dance, and sing.
- Play basketball, soccer, tennis, pickleball, or another sport.
- Work on an art or craft project.
- Get outside. Explore nature at a local park or trail.
- Plant or work in a garden.
- Read a book.
- Try a new activity or hobby. Spend time with others.

Nutrilink: Learn more and find resources at <https://screenfree.org>.