



Orange County Schools Pre-K Menus for May 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Menus are subject to change.	Breakfast includes: Fruit Choice 1% Milk		May 1 Scrambled Eggs w/Toast Pasta w/Meat Sauce Broccoli Fruit Choice	May 2 Manager's Choice Entrée Assorted Pizza Buttered Corn Fruit Choice
May 5 Sausage Biscuit Pizza Sticks w/Marinara Sauce Seasoned Greens Fruit Choice	May 6 Banana Bread Slice Loaded Nachos Black Beans Fruit Choice	May 7 Whole Grain Cereal Toasted Cheese Sandwich Green Beans Fruit Choice	May 8 Mini Pancakes Chicken Alfredo Garden Salad Fruit Choice	May 9 Manager's Choice Entrée Assorted Pizza Buttered Corn Fruit Choice
May 12 Muffin Garlic French Bread Broccoli Fruit Choice	May 13 Whole Grain Cereal Chicken Quesadilla Pinto Beans Fruit Choice	May 14 Breakfast Pizza Cheeseburger on Bun Baked Beans Fruit Choice	May 15 Mini Waffles Beef Steak w/Gravy & Roll Mashed Potatoes Fruit Choice	May 16 Manager's Choice Entrée Assorted Pizza Vegetable Choice Fruit Choice
May 19 Fruited Yogurt Cup Chicken Nuggets Oven Fries Fruit Choice	May 20 Chicken Waffle Sandwich Soft Taco Pinto Beans Fruit Choice	May 21 Whole Grain Cereal Chicken Sandwich Green Beans Fruit Choice	May 22 Scrambled Eggs w/Toast Pasta w/Meat Sauce Broccoli Fruit Choice	May 23 Manager's Choice Entrée Assorted Pizza Buttered Corn Fruit Choice
May 26 No School Memorial Day Holiday	May 27 Banana Bread Slice Loaded Nachos Black Beans Fruit Choice	May 28 Whole Grain Cereal Toasted Cheese Sandwich Green Beans Fruit Choice	May 29 Mini Pancakes Chicken Alfredo Garden Salad Fruit Choice	May 30 Manager's Choice Entrée Assorted Pizza Buttered Corn Fruit Choice

Families Making the Connection

Take a Screen Break!

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. Kids 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?

- Take breaks from screens – smart phone, computer, TV, etc.
- Turn on some music, dance, and sing.
- Take a walk or go for a run or bike ride.
- 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.
- Play a game or put together a puzzle with friends or family.
- Plant or work in a garden.
- Read a book.
- Try a new activity or hobby. Spend time with others.
- Volunteer in your community.

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