



# Orange County Schools Snack Menus for May 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Menus are subject to change.	wg = whole grain rich		May 1 Cereal Bowl (wg) Milk	May 2 NutriGrain Bar (wg) 100% Fruit Juice
May 5 Cheez-It Crackers (wg) 100% Fruit Juice	May 6 Yogurt Cup Educational Crackers (wg)	May 7 Chex Snack Mix (wg) 100% Fruit Juice	May 8 Applesauce String Cheese	May 9 Cereal Bowl (wg) Milk
May 12 Tortilla Chips (wg) Salsa	May 13 Rice Krispies Treat (wg) Fruit Choice	May 14 Muffin (wg) Milk	May 15 Pretzels (wg) Fruit Choice	May 16 Graham Crackers (wg) Milk
May 19 Goldfish Crackers (wg) String Cheese	May 20 Baked Doritos (wg) 100% Fruit Juice	May 21 Turkey Sandwich Half (wg) 100% Apple Juice	May 22 Cereal Bowl (wg) Milk	May 23 NutriGrain Bar (wg) 100% Fruit Juice
May 26 No School Memorial Day Holiday	May 27 Yogurt Cup Educational Crackers (wg)	May 28 Chex Snack Mix (wg) 100% Fruit Juice	May 29 Applesauce String Cheese	May 30 Cereal Bowl (wg) Milk

## 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>.