



Monday	Tuesday	Wednesday	Thursday	Friday
2		Cheeseburgers Potato Wedges Apple Slices	1 Cheesy Breadsticks Strawberries and Cream	Carne Asada Plate with Cardenas Tortillas <b>SCHOOL LUNCH HERO DAY</b>
5 Pancho Villa Salad with Tortilla Chips Fresh Salsa Berry Cup/Apples	6 Chicken Tenders Mashed Potato/Corn Bread BBQ Sauce Cups Orange Smiles/Bananas	7 Chicken Tamales Refried Beans Salsa Grapes/Red and Green Apples	8 Turkey Dinner Mashed Potatoes Dinner Roll Strawberries/ Pears	Papa John's Pizza/ Sweet Corn Sliced Peaches Red Apples
12 Orange Chicken Buffalo Chicken Wings Peach Cups/Watermelon	13 Taco Tuesday Crispy Tacos with lettuce and Cheese Salsa and Sour Cream Orange Smiles/Bananas	14 Turkey Hot Dogs Potato Wedges Tomato and Onions Grapes/Red and Green Apples	15 Chicken Dumplings Steam Rice Steam Veggies Strawberries/ Pears	16 Corn Dogs Corn on the Cob Peaches/ Red Apples
19 Beef Barbacoa with Mexican Rice and Cardenas Tortillas Strawberry Cups/Raisins	20 Chicken Burgers Lettuce and Tomatoes Oven Fries Orange Smiles/Bananas	21 Nachos Supreme Lettuce and Tomatoes Oven Fries Grapes/Red and Green Apples	22 BBQ Pork Mashed Potatoes Dinner Roll Strawberries and Cream Pears	23 Big Daddys Pizza Tajin Cucumbers Sliced Peaches Red Apples
<b>MEMORIAL DAY</b>	27 Spaghetti and Meat Sauce Garlic Bread Berry Cup/Peach Cup	28 Crispy Chicken Tacos Lettuce and Cheese Grapes/Red and Green Apples	29 Pozole Strawberries/ Pears	30 Smart Slice Pizza Tajin Cucumbers Sliced Peaches Red Apples

Let's Celebrate School Lunch Hero Day on May 3th

Health and Learning Success Go Hand-in-Hand

## Harvest of the Month™ STRAWBERRY



### Healthy Serving Ideas

Slice strawberries into high fiber cereal and calcium-rich low-fat yogurt. • Blend frozen strawberries with orange juice (or low-fat yogurt) and ice to make a quick and tasty smoothie. • Add strawberries to a spinach salad. • Microwave sliced strawberries with a small amount of 100% orange juice to make a topping for pancakes and waffles

## BERRY BANANA SPLIT

Makes 1 serving.

Prep time: 5

1 small banana, peeled

$\frac{1}{2}$  cup low-fat vanilla yogurt

1 tablespoon low-fat granola

$\frac{1}{2}$  cup sliced strawberries (fresh or frozen) Directions:

1. Cut banana in half lengthwise.
2. Spoon yogurt into a bowl.
3. Place banana halves on both sides of yogurt.
4. Top yogurt with granola and berries. Serve.

Nutrition information per serving: Calories 259, Carbohydrate 55 g, Dietary Fiber 5 g, Protein 8 g, Total Fat 2 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 6 mg, Sodium 98 mg

For recipes and tips, visit: [www.CaChampionsForChange.net](http://www.CaChampionsForChange.net)

LSWP is available at:

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