

Christina School District

MIDDLE SCHOOLS, NETWORKS, SPA MENU

MAY 2025

MAY FEATURES DELAWARE GROWN ASPARAGUS AND STRAWBERRIES FROM FIFER ORCHARDS
ASPARAGUS-5/9
STRAWBERRY WEEK 5/20-5/22



SCHOOL NUTRITION EMPLOYEE SUPERHERO



DAY!
MAY 2ND
DON'T FORGET TO THANK YOUR CAFETERIA STAFF FOR ALL THE HARD WORK THEY DO EVERYDAY!

Friday, May 2

Breakfast

French Toast Sticks(V/H)

Lunch

Cheesesteak Sandwich
 Cheesy Broccoli Applesauce Cup
SCHOOL LUNCH HERO DAY!

Thursday, May 1

Breakfast

Mini Pancakes (V/H)

Lunch

French Toast Sticks with Chicken Sausage & Yogurt
 Cinnamon Sweet Potato Fries
 Peach Cup

Monday, May 5

Breakfast

Cinnamon Crumb Loaf (V/H)

Lunch

Chicken & Cheese Quesadilla
 Golden Corn Craisins



Tuesday, May 6

Breakfast

Mini French Toast (V/H)

Lunch

Chicken Patty Sandwich
 Steamed Carrots
 Mixed Fruit Cup

Wednesday, May 7

Breakfast

Pigglegstick

Lunch

Season's Pizza
 Mixed Vegetables
 Side Garden Salad
 Chilled Pears

Thursday, May 8

Breakfast

Donut Holes(V/H)

Lunch

Chicken Teriyaki Potstickers
 Mixed Vegetables
 Pineapple & Mandarin Oranges

Friday, May 9

Breakfast

Froot Loop Waffles(V/H)

Lunch

Fish Filet Sandwich(V/H)
 Old Bay Fries
ROASTED ASPARAGUS FROM FIFER ORCHARDS
 Peach Cup



Monday, May 12

Breakfast

Assorted Muffins(V/H)

Lunch

Cheesy Breadsticks(V/H)
 Steamed Carrots
 Fruit Icy

Tuesday, May 13

Breakfast

Mini Breakfast Bites(V/H)

Lunch

Popcorn Chicken with Goldfish Crackers
 Steamed Peas
 Warm Apple Slices
NATIONAL HUMMUS DAY-try hummus today!



Wednesday, May 14

Breakfast

Mini Bagels & Waffle Snaps(V/H)

Lunch

Season's Pizza
 Buffalo Cauliflower
 Chilled Pineapple

Thursday, May 15

Breakfast

Cereal Blast Waffles(V/H)

Lunch

Rotini with Meat Sauce & Dinner Roll
 Steamed Broccoli
 Side Garden Salad
 Mixed Fruit Cup



Friday, May 16

National BBQ DAY

Breakfast

Mini Cinnis(V/H)

Lunch

Cheeseburger on Bun
 Hot Dog on Bun
 Baked Beans
 Dried Cherries
 Ice Cream Cup



The Power of Asparagus

Try it on May 9th!
Nutritional Superstar,
loaded with:
High Folate
Vitamin K
Antioxidants
(like Vitamin C and E)
Fiber for Digestive Health
Low in Calories, Big on Nutrients



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MAY 2025

 **BERRY SWEET** 

TRY STRAWBERRIES FROM FIFER ORCHARDS WEEK OF MAY 20-22

THE POWER OF STRAWBERRIES
NUTRIENT-RICH AND DELICIOUS, PACKED WITH:
VITAMIN C FOR IMMUNITY
ANTIOXIDANTS FOR CELL PROTECTION
FIBER FOR DIGESTIVE HEALTH
LOW IN CALORIES, BIG IN FLAVOR

Monday, May 19

Breakfast
Breakfast Breads(V/H)

Lunch
Chicken Nuggets with
Cheez-It Crackers
Mixed Vegetables
Raisins

Tuesday, May 20

Breakfast
Glazed Pull Apart
Donut(V/H)

Lunch
Egg & Cheese on
Croissant
Tater Tots
**Fresh Strawberries &
Oranges**

Wednesday, May 21

Breakfast
Strawberry & Sweet
Cream Turnover (V/H)

Lunch
Season's Pizza
Strawberry Chicken
Salad
Steamed Carrots
Applesauce Cup

Thursday, May 22

Breakfast
French Toast
Sticks(V/H)

Lunch
Meatball Sub
Cinnamon Sweet Potato
Fries
Side Garden Salad
Fresh Fruit &
Strawberry Medley

Friday, May 23

NO
School
Today

Monday, May 26



Tuesday, May 27

Breakfast
Cereal (V/H)

Lunch
Chicken Tenders with
Fritos
Steamed Carrots
Applesauce Cup

Wednesday, May 28

Breakfast
Piggletstick

Lunch
Season's Pizza
Mixed Vegetables
Peach Cup

Thursday, May 29

Breakfast
Donut Holes(V/H)

Lunch
Soft Turkey Tacos
Golden Corn
Mexi Fiesta Salad
Fruit Icy

Friday, May 30

Breakfast
Manager's Choice
Entrée

Lunch
Manager's Choice
(Contact your school
cafeteria for more
information!)

AVAILABLE DAILY

Breakfast
Cereal/Cereal Bar (V/H)
Poptarts
Yogurt Parfaits
(Tuesdays/Thursdays)
Eggo Graham Bites(V/H)
100% Juice
Assorted Fruit
Milk

Lunch
PBJ Meal (V/H)
Grab and Go Entrees
Dairy Lunchable (V/H)
Assorted Salads
Deli Subs
Assorted Fresh Fruit
Carroteenies
Fresh Veggie Cup
Assorted Hummus
Milk

*V=Vegetarian
*H=Halal Approved