

# May 2026

Menus for



## Rogersville City School

This institution is an equal opportunity provider. Menus are subject to change.

**Friday, May 1**

**BREAKFAST**

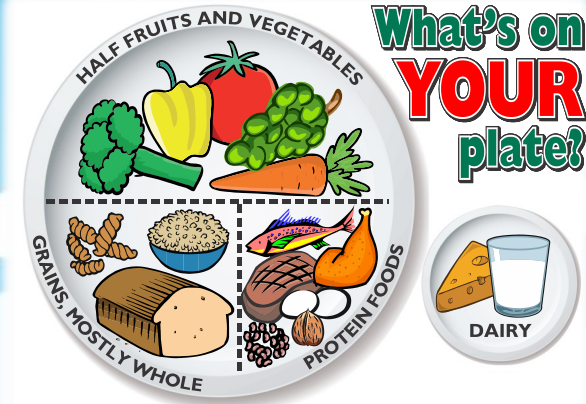
Biscuit and Gravy  
or Grab n Go

**Lunch**

Chicken Sandwich  
PBJ/Cheese Stick

**Sides**

Veggie cup  
Broccoli  
Fresh Fruit



# Go off the plate!



**Monday, May 4**

**BREAKFAST**

French toast or  
Grab-n-Go

**Lunch**

Pizza  
PBJ/Grab-n-Go

**Sides**

Green Beans  
Golden Corn  
Fresh Fruit

**Tuesday, May 5**

**No School  
For Students**

**Staff Development  
Day  
For  
Teachers**

**Wednesday, May 6**

**BREAKFAST**

Pancakes or  
Grab-n-Go

**Lunch**

Popcorn Chicken  
PBJ/Cheese stick

**Sides**

Broccoli with Cheese  
Mashed potatoes  
Fresh Fruit

**Thursday, May 7**

**BEAKFAST**

Biscuit and gravy or  
Grab-n-Go

**Lunch**

Pork Bar B Q  
PBJ/Cheese stick

**Sides**

Baked Beans  
Cole Slaw  
Fresh Fruit

**Friday, May 8**

**BREAKFAST**

Egg Patty and toast  
or Grab-n-Go

**Lunch**

Grilled Chicken  
Nuggets  
PBJ/Cheese stick

**Sides**

Oriental Blend  
Glazed Carrots  
Fresh Fruit

**Monday, May 11**

**BREAKFAST**

Pancakes or  
Grab-n-Go

**Lunch**

Cheese Pizza  
PBJ/Cheese stick

**Sides**

Greens  
Golden Corn  
Fruit

**Tuesday, May 12**

**BREAKFAST**

Breakfast Pizza or  
Grab-n-Go

**Lunch**

Popcorn Chicken  
PBJ/Cheese stick

**Sides**

Mashed potatoes  
Broccoli with Cheese  
Chilled Applesauce

**Wednesday, May 13**

**BREAKFAST**

Chicken Biscuit or  
Grab-n-Go

**Lunch**

Fish Sticks  
PBJ/Cheese stick

**Sides**

Peas  
Hushpuppies  
Cole slaw  
Fruit Juice

**Thursday, May 14**

**BREAKFAST**

Waffles or  
Grab-n-Go

**Lunch**

PBJ/Cheese stick  
Or Breakfast for Lunch  
Scrambled Eggs  
Sausage  
Gravy and Biscuit

**Sides**

Tater Tots  
Veggie Cups  
Fresh Fruit

**Friday, May 15**

**BREAKFAST**

French Toast or  
Grab-n-Go

**Lunch**

Cheese Quesadilla  
PBJ/Cheese stick

**Sides**

French Fries  
Salsa  
Veggie Cups  
Fresh Fruit

Generally, the plate diagram above provides fantastic advice on how to fill your plate. But can you name one of the best things you can eat or drink that isn't even on the plate? Give up? **IT'S WATER!** Kids should try to drink about 6 to 8 8-ounce servings of water a day. Try having water instead of soda or other high-calorie, low-nutrition drinks as often as possible!

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

Where do all of our crazy food names and phrases come from?



# WORDS OF MOUTH

This month:  
**“Take it with a grain of salt”**

Has anyone ever told you to take something “with a grain of salt”? It means that you shouldn’t necessarily believe what you’re being told. The Latin words for “salt” and “wisdom” are the same, so some say that the phrase means “use your wisdom to decide if this is true.” But feel free to take this explanation (wait for it) with a grain of salt! Just one of those food-related sayings that so often “spice up” our language!



Monday, May 18

**BREAKFAST**

Cinnamon Roll or Grab-n-Go

**Lunch**

Chicken Tenders  
 PBJ/Cheese stick  
**Sides**  
 California Blend  
 Corn  
 Mandarin Oranges  
 Or 100% Fruit Juice

Tuesday, May 19

**BREAKFAST**

Chicken Biscuit or Grab-n-Go

**Lunch**

Pepperoni Pizza  
 PBJ/Cheese stick  
**Sides**  
 Broccoli with Cheese  
 Glazed Carrots  
 Apples

Wednesday, May 20

**BREAKFAST**

Breakfast Pizza or Grab-n-Go

**Lunch**

Popcorn Chicken  
 PBJ/Cheese stick  
**Sides**  
 Mashed potatoes  
 Broccoli with Cheese  
 Chilled Applesauce

Thursday, May 21

**No School For Students**

**Staff Development Day For Teachers**

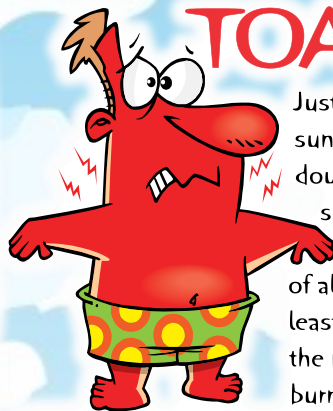
Friday, May 22

**Abbreviated Day**

**No Meals Served**

**Students Dismissed After Picking Up Report Card**

## TOASTED.



Just one bad, blistering sunburn as a child doubles your risk for skin cancer later in life. Yet more than half of all kids report having at least a minor sunburn in the past year. Don't get burned this summer!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.  
**WELLNESS IS A WAY OF LIFE!**

## ★ OUR NATION'S HISTORY ★



Memorial Day originated in the years after the Civil War to remember and honor those who had died in service to our country. At first, Memorial Day was called “Decoration Day” – literally, a day that was set aside to beautify the final resting places of our honored dead. This year, while you’re enjoying your day off, please don’t forget to honor them in your heart, too!

★ WITH LIBERTY & JUSTICE FOR ALL ★

# HAVE A GREAT SUMMER!

Thanks for eating with us this year.

## HERB/SPICE

### Black Pepper



We think of black pepper as a powder, but it actually starts off as fruit! The berries are dried and ground to make the spice we all know. The dried berries are called “peppercorns.”

## OF THE MONTH