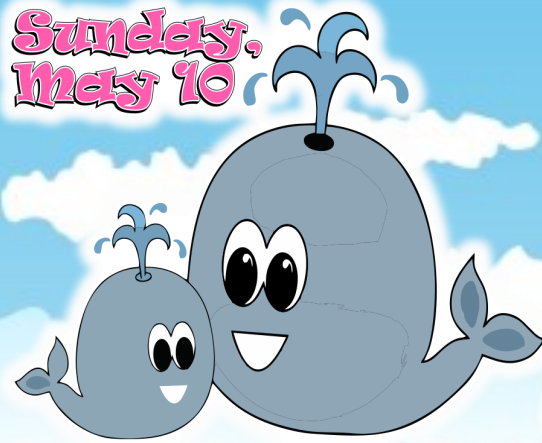


Menus for May 2026



SCMS & 5GA

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



Happy Mother's Day!

Friday, May 1

Lunch
Pizza Variety or
Chicken Sandwich
Garden Salad
Corn
Veggie Dippers
Mini RKT

School Lunch Hero Day

SCHOOL LUNCH SUPERHERO DAY

FRIDAY, MAY 1



Monday, May 4

Lunch
Mini Corn Dogs
Baked Beans
Tator Tots
Fruit

Tuesday, May 5

Lunch
Street Tacos
w/Salsa, Cheese
Cilantro Lime Rice
Roasted Jalapeno Corn
Refried Beans
Fruit

Cinco de Mayo

Wednesday, May 6

Lunch
Chicken Strip Basket
w/Gravy & Biscuit
Mashed Potatoes
Broccoli
Fruit

Thursday, May 7

Lunch
Fish Sticks
Hushpuppies
Black Eyed Peas
Mac N Cheese
Fruit

Friday, May 8

Lunch
Pizza Variety or
Chicken Sandwich
Garden Salad
French Fries
Veggie Dippers
Frozen Fruit Treat

Monday, May 11

Lunch
Hamburger
Lettuce, Pickles
Baked Beans
Potato Wedges
Fruit

Tuesday, May 12

Lunch
Cowboy Nachos
w/Salsa, Lettuce/Cheese
Spanish Rice
Black Beans
Roasted Jalapeno Corn
Fruit

Wednesday, May 13

Lunch
General Tso's Chicken
w/ Asian Woodles
Spring Roll
Broccoli
Fruit
Fortune Cookie

Thursday, May 14

Lunch
Brunch
for
Lunch

Friday, May 15

Lunch
Pizza Variety or
Chicken Sandwich
Garden Salad
Tator Tots
Veggie Dippers
Frozen Fruit Treat

Students:

Breakfast-No Charge
Lunch-No Charge

Daily Options:

PBJ Sandwich,
String Cheese, Grain,
Daily Fruit/Veggie Choices
Or
Protein Power Pack
w/Yogurt, String Cheese,
Grain, & Daily Fruit/Veggie Choices

Breakfast includes assorted fruit/juice
All meals include milk choice

**Harvest of the Month
Blueberries**



Market conditions, delivery, and availability of food may require changes in menu.

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

Lunch
 Spaghetti & Meat Sauce
 Garlic Toast
 Garden Salad
 Glazed Carrots
 Fruit

Tuesday, May 19

Lunch
 Hot Dog w/Chili
 Baked Beans
 Potato Wedges
 Coleslaw
 Fruit

Wednesday, May 20

Lunch
 Manager’s
 Choice

Thursday, May 21

Lunch
 Sack Lunches
 PBJ Sandwich
 Veggie Dippers
 Baked Chips
 Fruit

Friday, May 22

Early Release
 Last day of School

Monday, May 25



Tuesday, May 26

Wednesday, May 27

Thursday, May 28

Friday, May 29

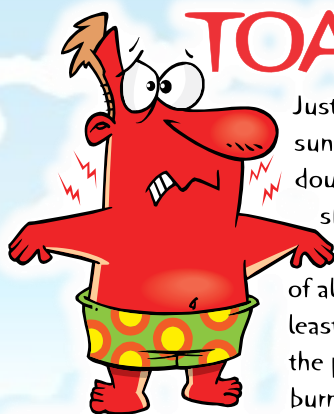
★ OUR NATION'S HISTORY ★

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 ★

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!

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