


Menus for
May
 2026



SCHS

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

**Sunday,
 May 10**




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 or
 Hamburger
 Lettuce, Pickles
 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
 Boneless Chicken Bites
 w/Gravy & Biscuit
 Mashed Potatoes
 Broccoli
 Fruit

Thursday, May 7

Lunch
 Sub Your Way
 Lettuce, Tomato, Pickles
 Veggie Dippers
 Baked Chips
 Fruit

Friday, May 8

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

Monday, May 11

Lunch
 Hot Dog or
 Spicy Chicken
 Sandwich
 Baked Beans
 Potato Wedges
 Coleslaw
 Fruit

Tuesday, May 12

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

Wednesday, May 13

Lunch
 Spaghetti & Meat Sauce
 or Cheesy Breadsticks w/
 Marinara
 Garlic Toast
 Garden Salad
 Glazed Carrots
 Fruit

Thursday, May 14

Lunch
 Country Fried Steak
 Stuffing
 Green Beans
 Sweet Potato Soufflé
 Cookie
 Fruit

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
 Manager’s Choice

Tuesday, May 19

Lunch
 Manager’s Choice

Wednesday, May 20

Lunch
 Manager’s Choice

Thursday, May 21

Lunch
 Sack Lunches
 PBJ Sandwich
 Veggie Dippers
 Baked Chips
 Fruit

Early Release
 Last day of School

Friday, May 22

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