

# Menus for May & June 2026



## Dry Creek Joint Elementary School District

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



Mother's Day  
Sunday, May 10

## SCHOOL LUNCH SUPERHERO DAY FRIDAY, MAY 1ST



Friday, May 1

**Breakfast**  
FRENCH TOAST STICKS  
OR  
CEREAL  
OR  
CONTINENTAL BREAKFAST  
**Lunch**  
GRILLED CHEESE  
SANDWICH  
OR  
CHICKEN TENDERS  
  
COOKIE



Monday, May 4

**Breakfast**  
CHEESY BREADSTICKS  
OR  
HOT OATMEAL  
WITH BERRIES  
OR  
CONTINENTAL BREAKFAST  
**Lunch**  
BREAKFAST FOR LUNCH  
OR  
TURKEY & CHEESE  
SANDWICH

Tuesday, May 5

**Breakfast**  
EGG-CELLENT BITES WITH  
SAUSAGE & CHEESE  
OR  
MINI PANCAKES  
OR  
CONTINENTAL BREAKFAST  
**Lunch**  
CHEESE PIZZA  
OR  
BEEF & CHEESE TACO

Wednesday, May 6

**Breakfast**  
FIESTA BREAKFAST BURRITO  
OR  
CEREAL  
OR  
CONTINENTAL BREAKFAST  
**Lunch**  
BEAN & CHEESE BURRITO  
OR  
CHEESEBURGER  
& FRIES

Thursday, May 7

**Breakfast**  
TAQUITO WITH POTATO  
& CHEESE  
OR  
HAPPY HARD BOILED EGG  
OR  
CONTINENTAL BREAKFAST  
**Lunch**  
CHEESY BREADSTICKS  
OR  
TERIYAKI CHICKEN  
NOODLE BOWL

Friday, May 8

**Breakfast**  
CINNAMON ROLL  
OR  
CEREAL  
OR  
CONTINENTAL BREAKFAST  
**Lunch**  
BEAN & CHEESE PUPUSA  
OR  
CRUNCHY FISH STICKS &  
CHIPS  
  
COOKIE

# the plate!



Monday, May 11

**Breakfast**  
SUNRISE BREAKFAST  
SANDWICH  
OR  
CEREAL  
OR  
CONTINENTAL BREAKFAST  
**Lunch**  
BREAKFAST FOR LUNCH  
OR  
ROTINI WITH MEAT SAUCE

Tuesday, May 12

**Breakfast**  
YOGURT PARFAIT  
OR  
SCONE  
OR  
CONTINENTAL BREAKFAST  
**Lunch**  
CHEESE PIZZA  
OR  
CHICKEN TACO

Wednesday, May 13

**Breakfast**  
MINI WAFFLES  
OR  
HOT OATMEAL  
WITH BERRIES  
OR  
CONTINENTAL BREAKFAST  
**Lunch**  
MACARONI & CHEESE  
OR  
CHICKEN SANDWICH

Thursday, May 14

**Breakfast**  
EGG-CELLENT BITES WITH  
SAUSAGE & CHEESE  
OR  
CINNI MINNI  
OR  
CONTINENTAL BREAKFAST  
**Lunch**  
CHEESY BREADSTICKS  
OR  
ORANGE CHICKEN  
RICE BOWL

Friday, May 15

**Breakfast**  
FRENCH TOAST STICKS  
OR  
CEREAL  
OR  
CONTINENTAL BREAKFAST  
**Lunch**  
GRILLED CHEESE  
SANDWICH  
OR  
CHICKEN TENDERS  
  
COOKIE

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!



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!

Monday, May 18

**Breakfast**  
CHEESY BREADSTICKS  
OR  
HOT OATMEAL  
WITH BERRIES  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
BREAKFAST FOR LUNCH  
OR  
TURKEY & CHEESE  
SANDWICH

Tuesday, May 19

**Breakfast**  
EGG-CELLENT BITES WITH  
SAUSAGE & CHEESE  
OR  
MINI PANCAKES  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
CHEESE PIZZA  
OR  
BEEF & CHEESE TACO

Wednesday, May 20

**Breakfast**  
FIESTA BREAKFAST BURRITO  
OR  
CEREAL  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
BEAN & CHEESE BURRITO  
OR  
CHEESEBURGER  
& FRIES

Thursday, May 21

**Breakfast**  
TAQUITO WITH POTATO  
& CHEESE  
OR  
HAPPY HARD BOILED EGG  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
CHEESY BREADSTICKS  
OR  
TERIYAKI CHICKEN  
NOODLE BOWL

Friday, May 22

**Breakfast**  
CINNAMON ROLL  
OR  
CEREAL  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
CHEF'S CHOICE  
  
COOKIE

Monday, May 25



Tuesday, May 26

**Breakfast**  
YOGURT PARFAIT  
OR  
SCONE  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
CHEESE PIZZA  
OR  
CHICKEN TACO

Wednesday, May 27

**Breakfast**  
MINI WAFFLES  
OR  
HOT OATMEAL  
WITH BERRIES  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
MACARONI & CHEESE  
OR  
CHICKEN SANDWICH

Thursday, May 28

**Breakfast**  
EGG-CELLENT BITES WITH  
SAUSAGE & CHEESE  
OR  
CINNI MINNI  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
CHEESY BREADSTICKS  
OR  
ORANGE CHICKEN  
RICE BOWL

Friday, May 29

**Breakfast**  
FRENCH TOAST STICKS  
OR  
CEREAL  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
GRILLED CHEESE  
SANDWICH  
OR  
CHICKEN TENDERS  
  
COOKIE

Monday, June 1

**Breakfast**  
CHEESY BREADSTICKS  
OR  
HOT OATMEAL  
WITH BERRIES  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
BREAKFAST FOR LUNCH  
OR  
TURKEY & CHEESE  
SANDWICH

Tuesday, June 2

**Breakfast**  
EGG-CELLENT BITES WITH  
SAUSAGE & CHEESE  
OR  
MINI PANCAKES  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
CHEESE PIZZA  
OR  
BEEF & CHEESE TACO

Wednesday, June 3

**Breakfast**  
FIESTA BREAKFAST BURRITO  
OR  
CEREAL  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
BEAN & CHEESE BURRITO  
OR  
CHEESEBURGER  
& FRIES

Thursday, June 4

**Breakfast**  
TAQUITO WITH POTATO  
& CHEESE  
OR  
HAPPY HARD BOILED EGG  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
CHEESY BREADSTICKS  
OR  
TERIYAKI CHICKEN  
NOODLE BOWL

Friday, June 5

