



**Nutrition Tip:** Drink water! Sip water or other drinks with few or no calories to help maintain a healthy weight. Keep a water bottle in your bag or at your desk to satisfy your thirst throughout the day.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</b></p> <p><b>Chicken Patty on a Bun with Chips</b></p> <p>Broccoli Mixed Fruit Milk</p>	<p><b>4</b></p> <p><b>Waffles with Turkey Sausage &amp; Syrup</b></p> <p>Oven Baked Fries Peaches Milk</p>	<p><b>5</b></p> <p><b>CINCO DE MAYO</b></p> <p><b>Taco in a Bag with Taco Meat, Cheese &amp; Rice</b></p> <p>Veggie Beans Applesauce Cup Milk <b>Churro</b></p>	<p><b>6</b></p> <p><b>Grilled Cheese Sandwich</b></p> <p>Tomato Soup &amp; Carrot Bites Diced Pears Milk</p>	<p><b>7</b></p> <p><b>School Lunch Hero's Day</b></p> <p><b>Cheese Pizza</b></p> <p>Corn Niblets Fruit Cup Milk <b>Frosted Cupcake</b></p>
<p><b>10</b></p> <p><b>Chicken Nuggets with Dip &amp; Dinner Roll</b></p> <p>Mashed Potatoes Applesauce Cup Milk</p>	<p><b>11</b></p> <p><b>Cheese Pizza Sub w/Mozzarella Cheese</b></p> <p>Broccoli Cuts Mixed Fruit Cup Milk</p>	<p><b>12</b></p> <p><b>"Hot Diggity" Hot Dog on a Bun</b></p> <p>Corn Niblets Diced Peaches Milk <b>Jungle Animal Crackers</b></p>	<p><b>13</b></p> <p><b>French Toast Sticks with Sausage &amp; Syrup</b></p> <p>Fries with a Smile Fruit Cup Milk</p>	<p><b>14</b></p> <p><b>Flatbread Pizza</b></p> <p>Carrot Coins Diced Pears Milk</p>
<p><b>17</b></p> <p><b>Cheese Pizza</b></p> <p>Green Beans Peach Cup Milk</p>	<p><b>18</b></p> <p><b>Taco in a Bag with Taco Meat, Cheese &amp; Rice</b></p> <p>Corn Niblets Diced Pears Milk</p>	<p><b>19</b></p> <p><b>Homemade Macaroni &amp; Cheese with Dinner Roll</b></p> <p>Garden Salad Strawberry Fruit Cup Milk <b>Krispy Treat</b></p>	<p><b>20</b></p> <p><b>Chicken Patty on a Bun with Chips</b></p> <p>Carrot Bites Applesauce Cup Milk</p>	<p><b>21</b></p> <p><b>Mozzarella Cheese Pizza Sticks with Dip</b></p> <p>Vegetable Mix Fruit Cup Milk</p>
<p><b>24</b></p> <p><b>Nachos Grande with Chicken, Cheese, Rice &amp; Chips</b></p> <p>Corn Niblets Fruit Cup Milk</p>	<p><b>25</b></p> <p><b>Italian Meatball Submarine Sandwich</b></p> <p>Broccoli Florets Applesauce Milk <b>Jello Treat</b></p>	<p><b>26</b></p> <p><b>Mini Pancakes with Turkey Sausage</b></p> <p>Tater Tots Peach Cup Milk</p>	<p><b>27</b></p> <p><b>Cheese Pizza</b></p> <p>Carrot Bites Diced Pears Milk</p>	<p><b>28</b></p> <p><b>Enjoy Your Weekend!</b></p> 
<p><b>31</b></p> 	<p><b>Choice of Milk Included with Lunch: Low-Fat White, Fat Free White, Fat Free Chocolate</b></p>  <p><b>Meal Components:</b> Protein, Grain, Fruit, Vegetable and Milk USDA and this institution are equal opportunity providers and employers.</p> 		<p>Be safe!</p> <p>Be kind!</p> <p>Be helpful!</p> 	