



## Breakfast Lunch

### Monday, May 3rd

Cinnamon Toast Cereal, Cheese String      Hot Dog w/ Chili Fries, Ketchup, Mustard

### Tuesday, May 4th

Egg and Cheese Sandwich      Red Beans w/ Rice Carrots w/ Ranch, Cornbread

### Wednesday, May 5th

Blueberry Muffin Cheese String      Frito Pie

### Thursday, May 6th

Maple Pancake Sandwich      BBQ Chicken Thigh, Mac & Cheese, Baked Beans, Green Beans

### Friday, May 7th

French Toast Sticks      Turkey and Cheese Ciabatta Seasoned Corn

## Memorial Day is May 31st

Memorial Day is Monday, May 31 and unofficially marks the beginning of the summer season. Originally Memorial Day was known as Decoration Day, as it originated in the years following the Civil War and became an official federal holiday in 1971. Nowadays many Americans observe Memorial Day by honoring the men and women who have passed away while serving in the U.S. military by visiting cemeteries or memorials and holding family gatherings together.



## Protect your Eyes

With summer approaching, making sure your kids maintain strong eye health is very important. Knowing what nutrients protect and strengthen our eyes are the first steps to achieving this goal. Try these foods to help you keep that 20/20 vision.



- 1) Kale is rich in lutein and zeaxanthin. These nutrients aid in protecting our eyes from sunlight damage or macular degeneration. Other dark green vegetables, such as spinach, broccoli, or collard greens will also aid in protection. Make sure to eat these dark green vegetables with a healthy fat, such as olive oil, to reap all the benefits.
- 2) Sweet potatoes are rich in beta carotene. Your body takes in beta carotene and converts it into vitamin A to help prevent dry eyes, night blindness, and eye infections. Other sources of beta carotene and vitamin A are carrots, butternut squash, liver, milk, and eggs.
- 3) Strawberries are rich in vitamin C, which helps to lower your risk of eye diseases. Other sources of vitamin C are bell peppers, broccoli, oranges, and cantaloupe.
- 4) Salmon is rich in Omega 3 fatty acids and vitamin D. Eating foods rich in Omega 3 fatty acids will help with those who have dry eyes. Some food sources are walnuts and flax seed.
- 5) Green tea is a great source of antioxidants. They contain substances called catechins, which aid in anti-inflammatory effects. Other sources of catechins are chocolate, berries, or apples.

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

## Available Daily

### All Meals Served With:

Low Fat White Milk  
Or Non Fat Chocolate Milk  
And Fresh Fruit or Fruit Juice

**Cereal & Cheese String Served  
Everyday as Alternate Breakfast**

## Breakfast Lunch

### Monday, May 10th

Cinnamon Toast Cereal, Cheese String      Hamburger w/ Fries Dressing Cup, Mayo, Ketchup

### Tuesday, May 11th

Maple & Chicken Sausage Sandwich      White Beans & Rice Carrots w/ Ranch, Cornbread

### Wednesday, May 12th

Banana Muffin Cheese String      Turkey Nachos

### Thursday, May 13th

Egg and Cheese Sandwich      Herb Roasted Chicken w/ Rice and Gravy, Peas Salad w/ Carrots, Biscuit

### Friday, May 14th

Cinnamon Rolls w/ Icing      Lasagna, Green Beans, w/ Breadstick



## ▶ Available Daily

### All Meals Served With:

Low Fat White Milk  
Or Non Fat Chocolate Milk  
And Fresh Fruit or Fruit Juice  
**Cereal & Cheese String Served  
Everyday as Alternate Breakfast**

### Breakfast Lunch

#### Monday, May 17th

Cinnamon Toast Cereal, Cheese String  
Cheese Pizza Salad w/ Carrots

#### Tuesday, May 18th

Egg and Cheese Sandwich  
Red Beans & Rice Carrots w/ Ranch

#### Wednesday, May 19th

Blueberry Muffin Cheese String  
Turkey Tacos

#### Thursday, May 20th

Maple Pancake Sandwich  
Gumbo w/ Chicken & Sausage, Rice, Salad w/ Tomatoes, WG Crackers

#### Friday, May 21st

French Toast Sticks  
Spaghetti & Meat Sauce Broccoli, Bread Stick

## Have A GREAT Summer!



## Refueling Your Child Athlete

Feeding child athletes can be very tricky. They require extra calories than what is required for natural growth. Making sure they are fully fueled will allow them to achieve peak performance. Try this eating routine before your child's next big game.



- 1) Pre-game breakfast: 2-3 hours before the game, have your child consume a protein and nutrient dense carbohydrates, such as scrambled eggs, toast, a fruit, and fat-free milk.
- 2) During the game: Dehydration is the main concern for any athlete. They must make sure to adequately replace the fluid they lose from sweating. To do this, make sure your child athlete is drinking lots of water and choosing foods like bananas or yogurt, which contain high amounts of potassium and carbohydrates.
- 3) Afternoon game snack: If your child has a game or practice in-between lunch and dinner, it will be necessary to provide them with an afternoon snack to refuel. Providing them with pre-packaged cut fruit or yogurt will be beneficial.
- 4) Post-game dinner: Try to include all five food groups into your post game dinner. Include baked, lean cut meats, whole grain breads or pastas, a salad or cut fruit, and low - fat or fat - free milk. Eating food across all five food groups will help replenish any lost energy and nutrients and help refuel your child athlete for the next day.

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## Breakfast Lunch

### Monday, May 24th

Cinnamon Toast Cereal, Cheese String  
Chicken Tenders, Potato Wedges, Carrots w/ Ranch

### Tuesday, May 25th

Chicken & Maple Sausage Sandwich  
White Beans w/ Rice Carrots w/ Ranch, Cornbread

### Wednesday, May 26th

Banana Muffin Cheese String  
Chicken Quesadilla

### Thursday, May 27th

Egg and Cheese Sandwich  
Oven Fried Chicken Tator Tots, Broccoli, Biscuit

### Friday, May 28th

Cinnamon Rolls w/ Icing  
Pepperoni Pizza, Salad w/ Carrots

## May is Strawberry Month

Strawberries are synonymous with spring and that's why May is the perfect month to celebrate them. Fresh strawberries are the first fruit to ripen each spring, and can be used in recipes from breakfast to dessert. Some of the benefits of fresh strawberries are that they are full of antioxidants and polyphenols. They are also full of vitamin C, folate, potassium, manganese, dietary fiber, and magnesium. Strawberries also reduce our risk of heart disease, stroke, cancer, and high blood pressure. With summer approaching, treat yourself to a fruity snow cone without any artificial flavors or coloring. You can substitute with any other fruits like peach, pineapple, or blueberries to suit your taste buds.

