

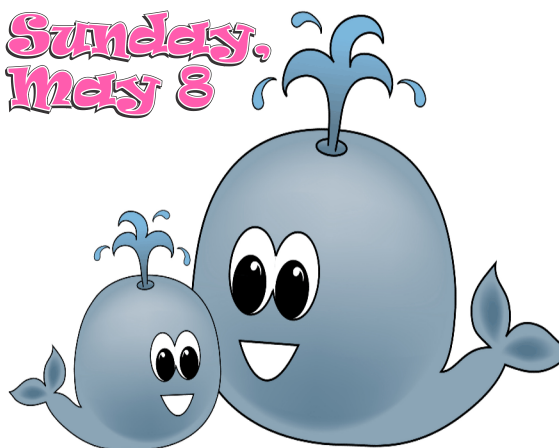
Menu May 2016

**KPBS
LUNCH MENU**



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

**Sunday,
May 8**



Happy Mother's Day!

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 2

Popcorn Chicken

Winter Mix
Fresh Apple
Gold Fish
Pretzel
Juice
Milk

Tuesday, May 3

BB-Q Pulled Pork Sandwich
With Roll

Corn
Mixed Fruit
Fresh Baby Carrots
Milk

Wednesday, May 4

Breaded Chicken Sandwich

Fresh Broccoli
Baked Beans
100 % Juice
Milk

Thursday, May 5

Chicken Nuggets

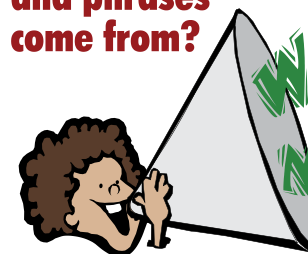
Applesauce
Refried Beans
Snickers Doodle Cookie
Milk

Friday, May 6

P B and Jelly
or
Cooks Choice

Fresh Carrots Maple Waffle
Grahams
100 % Juice
Milk

**Where do all of our
crazy food names
and phrases
come from?**



**WORDS
OF
MOUTH**

**This month:
"Take it with a grain of salt"**

Monday, May 9

Pizza

Fresh Oranges
Sweet Potato
Fries
100 % Juice
Milk

Tuesday, May 10

Teriyaki Chicken
With Fried Rice

Steamed Broccoli
Fresh Baby
Carrots
Mixed Fruit
Milk

Wednesday, May 11

French Toast
with
Sausage

Banana
Corn
100 % Juice
Milk

Thursday, May 12

Honey BB-Q Pork Nuggets
with Roll
Mashed Potato and Gravy
Winter Mix
Diced Peaches
Strawberry Cups
Milk

Friday, May 13

Hamburger
or
Cooks Choice

Fresh Apple
Mixed Fruit
Baked Beans
Milk

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!





Go off the plate!



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 or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, May 16	Tuesday, May 17	Wednesday, May 18	Thursday, May 19	Friday, May 20
Egg n Cheese Sandwich with Cooks Choice Baby Carrots Applesauce Waffle Grahams 100 % Juice Milk	Chicken Drumsticks With Roll or Cooks Choice Rice Sweet Potato Fries Diced Pears Orange Wedges Milk	Breaded Chicken or Cooks Choice Sweet Potatoes FF Applesauce Cups 100 % Juice Milk	SUMMER	BREAK

★ 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 ★

Payments are now accepted online.
kpbsd.revtrak.net or
 contact your School for more information.

Menu selections may change based on product availability

HAVE A GREAT SUMMER!

Thanks for eating with us this year. We look forward to serving you !again. school starts up again!