

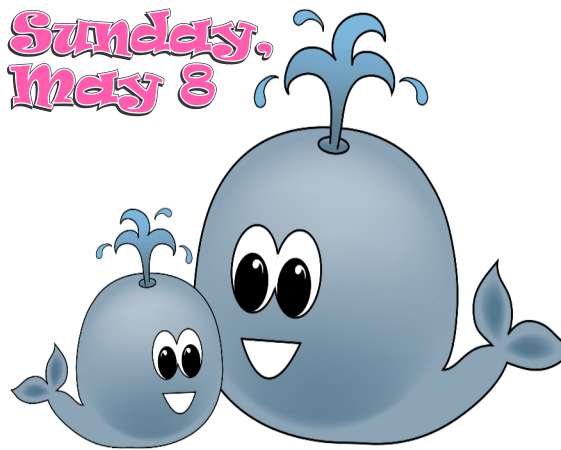
# Menu May 2016

**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 or  
Burrito w/ Salsa

Winter Mix  
Fresh Apple  
Gold Fish  
Pretzel  
Juice  
Milk

**Tuesday, May 3**

BB-Q Pulled Pork Sandwich  
or  
Honey BB-Q Pork Nuggets  
both  
With Roll  
Corn  
Mixed Fruit  
Fresh Baby Carrots  
Milk

**Wednesday, May 4**

Breaded Chicken Sandwich  
or  
Taquitos w/ Salsa  
  
Fresh Broccoli  
Baked Beans  
100 % Juice  
Milk

**Thursday, May 5**

Chicken Nuggets  
  
Applesauce  
Refried Beans  
Snicker Doodle Cookie  
Milk

**Friday, May 6**

P B and Jelly  
or  
Breaded Chicken Sandwich  
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  
or  
Breaded Chicken Beef Sticks

Fresh Oranges  
Sweet Potato  
Fries  
100 % Juice  
Milk

**Tuesday, May 10**

Teriyaki Chicken or  
Egg Roll both  
with Fried Rice

Steamed Broccoli  
Fresh Baby  
Carrots  
Mixed Fruit  
Milk

**Wednesday, May 11**

French Toast  
Or  
Egg N Cheese Sandwich

Banana  
Tater Tots  
100 % Juice  
Milk

**Thursday, May 12**

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

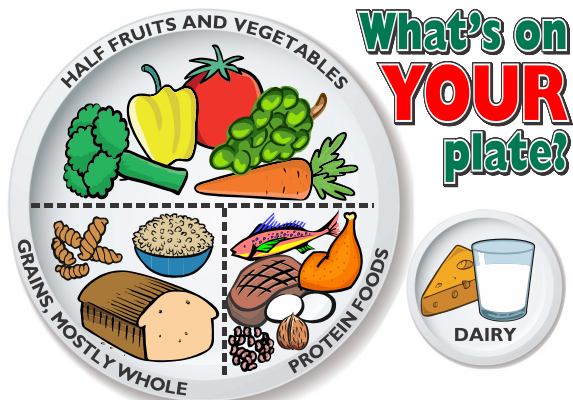
**Friday, May 13**

Hamburger  
or  
Ham N Cheese Hoagie  
or  
Cooks Choice

Fresh Apple  
Mixed Fruit  
Baked Beans  
Milk

**H**as 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!

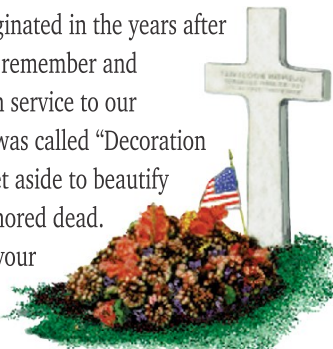
Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

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

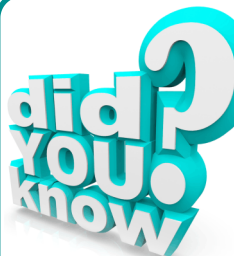
★ OUR NATION'S HISTORY ★



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](http://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 seeing you when school starts up again!