

Menus for May

2017
KPBSD

Elementary School Lunch Menu

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

90 MINUTE RULE.

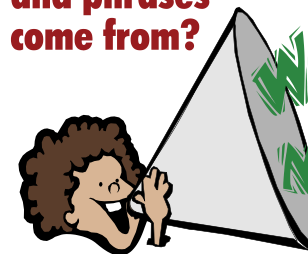
A hot shower before bed helps you sleep better. But there's a catch: make sure to shower ninety minutes before you plan to hit the hay. That way your body will have time to cool down and you'll be primed for the excellent, restful sleep we all need for good health!



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EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

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



WORDS OF MOUTH

This month: "Selling like Hot Cakes"

Monday, May 1

Cheeseburger

Steamed Broccoli
Fresh Apple
Milk

Tuesday, May 2

BB-Q Pork Hoagie

Lattice Cut Sweet Potatoes
Mixed Fruit
Milk

Wednesday, May 3

Chicken Taquitos

Refried Beans
Applesauce
Baby Carrots
Milk

Thursday, May 4

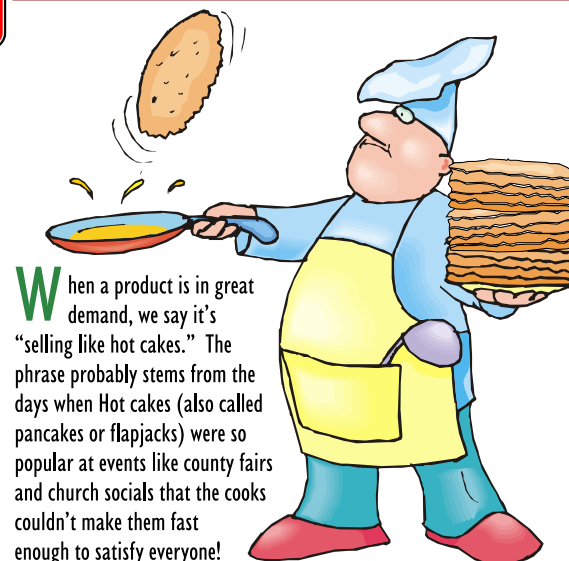
Chicken Fried Beef Sticks

Mashed Potato Gravy
Diced Peaches
Milk

Friday, May 5

Pizza

Green Beans
Diced Pears
Choc. Chip Cookie
Milk



When a product is in great demand, we say it's "selling like hot cakes." The phrase probably stems from the days when Hot cakes (also called pancakes or flapjacks) were so popular at events like county fairs and church socials that the cooks couldn't make them fast enough to satisfy everyone!

Monday, May 8

Corn Dog

Baked Beans
Lattice Cut Sweet Potato
Applesauce
Milk

Tuesday, May 9

Manwich Sloppy Joe

KK Fries
Green Beans
Banana
Milk

Wednesday, May 10

Teriyaki Chicken

Rice Roll
Winter Mix
Mandarin Oranges
Milk

Thursday, May 11

Taco's Beef N Bean with Salsa

Corn
Applesauce Cup
Milk

Friday, May 12

Breaded Chicken Sandwich

Romaine Salad w/ Dressing
Diced Peaches
Milk

Thanks, Mom!




*Happy Mother's Day
Sunday, May 14*

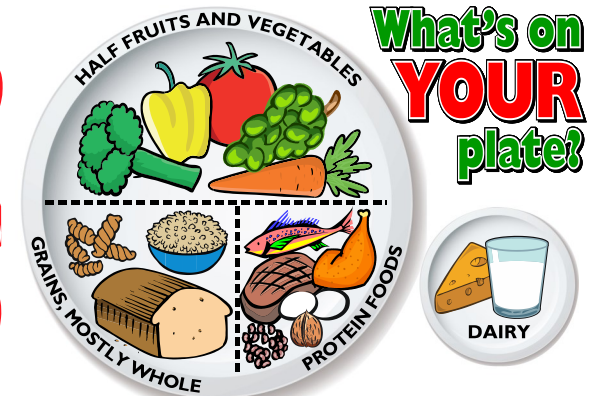
DON'T 4GET!
Take at least
ONE
FRUIT or
VEGGIE
and at least
THREE items total
so your meal
counts as a
complete lunch!

★ **OUR NATION'S HISTORY** ★

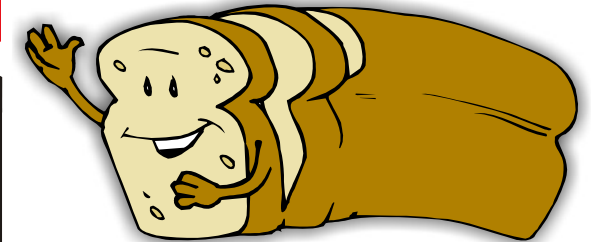
The American poet and journalist Walt Whitman, one of our country's most original and most acclaimed writers, was born on May 31, 1819 on Long Island in New York State. He began work on his masterpiece, a collection of poems entitled *Leaves of Grass*, before 1850 and continually revised and added to the book until his death in 1892. He is considered the first truly American poet, and is particularly remembered for poems like "Song of Myself" and "Oh Captain, My Captain!," which he wrote upon the assassination of President Abraham Lincoln. Whitman also volunteered in Army hospitals during the American Civil War, helping to care for wounded soldiers.



★ **WITH LIBERTY & JUSTICE FOR ALL** ★



Always try to score 100%!



The healthiest — and tastiest! — bread you can eat is the kind that says "100% whole wheat." Check out a loaf of the bread you usually eat. Does it say "100%" on the front label? Is "whole wheat flour" the first ingredient listed? Does the "Nutrition Facts" label say that the bread has at least 2 grams of fiber per slice? If you answered yes to all 3 questions, congratulations — you score 100%! If you didn't answer yes to all three, give 100% whole wheat bread a try!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, May 15	Tuesday, May 16	Wednesday, May 17	Thursday, May 18	Friday, May 19
Teriyaki Beef Nuggets	Cheeseburger	French Toast with Sausage	Taco's Beef N Bean with Salsa	Chicken Nuggets
Rice Green Beans Fresh Apple Choc. Chip Cookie Milk	Jo-Jo's Baked Beans Diced Pear Milk	Tater Tots Mandarin Orange Wedges Milk	Carrot Hummus Dip Apple Juice Milk	Romaine Salad Ranch Dressing Peach Cubes Goldfish Pretzels Milk
Monday, May 22	Tuesday, May 23	Wednesday, May 24	Thursday, May 25	Friday, May 26
BB-Q Pork Hoagie	Egg Roll	Pizza	NO	ENJOY
Green Beans Fresh Apple Milk	Fried Rice Fresh Broccoli Hummus Dip Pineapple Milk	Corn Applesauce Cup Orange Juice Milk	School	YOUR SUMMER !

