

Menus for May

2017
KPBSD

Middle School Lunch Menu

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

90 MINUTE RULE.

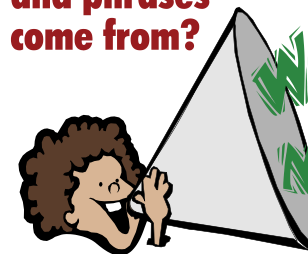
A hot shower before bed helps you sleep better. But there's a catch: make sure to shower ninety minutes before you plan to hit the hay. That way your body will have time to cool down and you'll be primed for the excellent, restful sleep we all need for good health!



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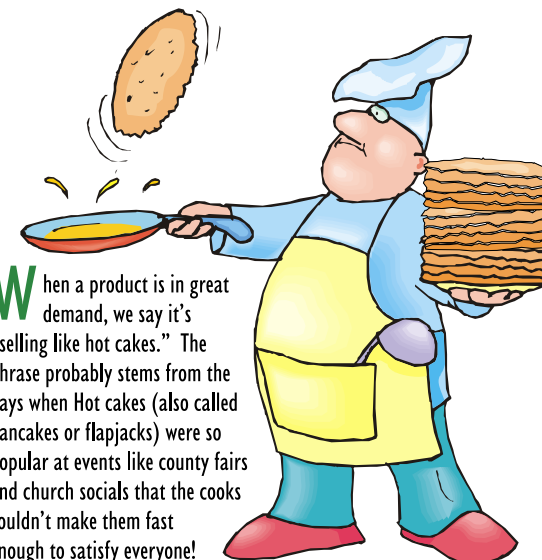
EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

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



WORDS OF MOUTH

This month: "Selling like Hot Cakes"



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 1

Cheeseburger
Or
Egg Rolls

Rice
Steamed Broccoli
Fresh Apple
Fruitable
Milk

Tuesday, May 2

BB-Q Pork Hoagie
Or
Corn Dog

Lattice Cut Sweet
Potatoes
Mixed Fruit
Milk

Wednesday, May 3

Chicken Taquitos
Or
Chicken Quesadilla

Refried Beans
Applesauce
Baby Carrots
Milk

Thursday, May 4

Chicken Fried Beef
Sticks
Or
Cheeseburger
Roll
Mashed Potato
Gravy
Diced Peaches
Milk

Friday, May 5

Pizza
Or
Popcorn Chicken

Green Beans
Diced Pears
Choc. Chip Cookie
Milk

Monday, May 8

Corn Dog
Or
BB-Q Pork Hoagie

Baked Beans
Lattice Cut Sweet
Potato
Applesauce
Milk

Tuesday, May 9

Manwich Sloppy
Joe
OR
Popcorn Chicken

KK Fries
Green Beans
Banana
Milk

Wednesday, May 10

Teriyaki Chicken
Or
Chicken Fried Beef
Sticks
Rice
Roll

Winter Mix
Mandarin Oranges
Milk

Thursday, May 11

Taco's
Beef N Bean
Or
Pizza Stick

Corn
Applesauce Cup
Milk

Friday, May 12

Breaded Chicken
Sandwich
Or
Pizza

Romaine Salad
w/ Dressing
Diced Peaches
Milk

Thanks, Mom!




*Happy Mother's Day
Sunday, May 14*

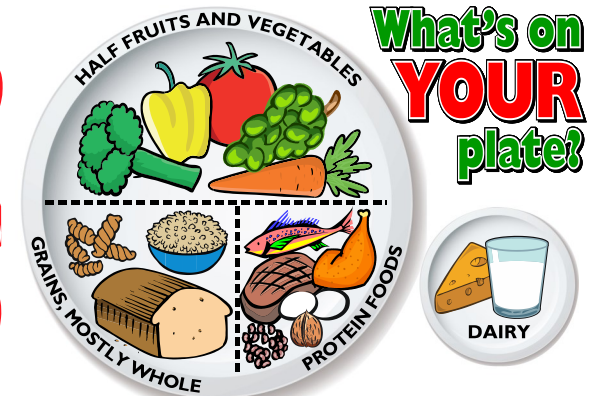
DON'T 4GET!
Take at least
ONE
FRUIT or
VEGGIE
and at least
THREE items total
so your meal
counts as a
complete lunch!

★ **OUR NATION'S HISTORY** ★

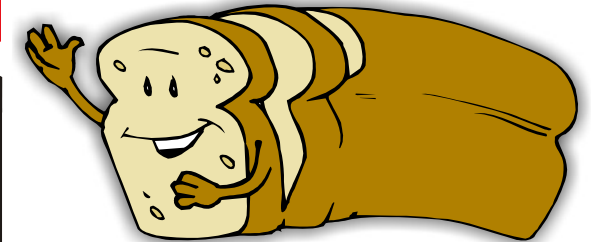
The American poet and journalist Walt Whitman, one of our country's most original and most acclaimed writers, was born on May 31, 1819 on Long Island in New York State. He began work on his masterpiece, a collection of poems entitled *Leaves of Grass*, before 1850 and continually revised and added to 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 Teriyaki Beef Nuggets Or Chicken Sandwich Rice Green Beans Fresh Apple Choc. Chip Cookie Milk	Tuesday, May 16 Cheeseburger Or Chicken Nuggets Roll Jo-Jo's Baked Beans Diced Pear Milk	Wednesday, May 17 French Toast with Sausage Or Ham N Cheese Hoagie Tater Tots Mandarin Orange Wedges Milk	Thursday, May 18 Taco's Beef N Bean Or Pizza Stick Carrot Hummus Dip Apple Juice Bunny Grahams Milk	Friday, May 19 Chicken Nuggets Or Corn Dog Romaine Salad Ranch Dressing Peach Cubes Goldfish Pretzels Milk
Monday, May 22 BB-Q Pork Hoagie Or Cheeseburger Green Beans Fresh Apple Milk	Tuesday, May 23 Egg Roll Or Teriyaki Beef Nuggets Roll Fried Rice Fresh Broccoli Hummus Dip Pineapple Milk	Wednesday, May 24 Pizza Or Popcorn Chicken Corn Applesauce Cup Orange Juice Milk	Thursday, May 25 NO School	Friday, May 26 ENJOY YOUR SUMMER !

