

# Menus for May

2017  
KPBSD K-12/

## Chapman Lunch Menu

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

## 90 MINUTE RULE.

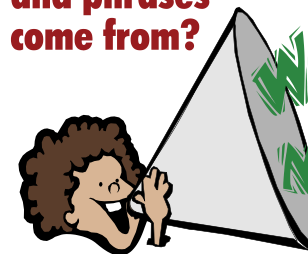
A hot shower before bed helps you sleep better. But there's a catch: make sure to shower ninety minutes before you plan to hit the hay. That



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!

**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**

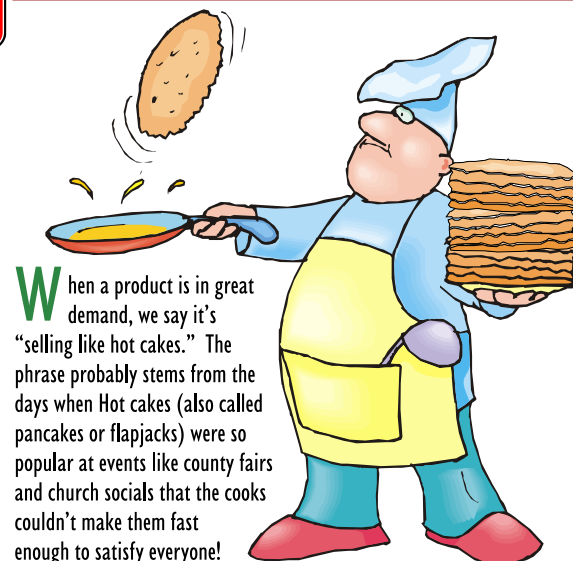
Chicken Fried Beef  
Sticks

Mashed Potato  
Gravy  
Diced Peaches  
Milk

**Friday, May 5**

Pizza

Green Beans  
Diced Pears  
Choc. Chip Cookie  
Milk



**W**hen 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**

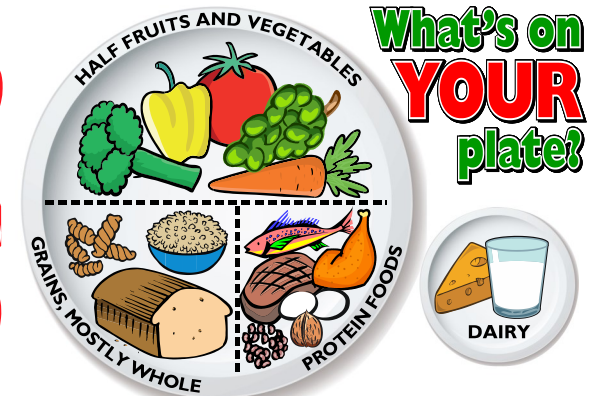
**DON'T 4GET!**  
Take at least  
**ONE**  
**FRUIT or**  
**VEGGIE**  
and at least  
**THREE** items total  
so your meal  
counts as a  
complete lunch!

★ **OUR NATION'S HISTORY** ★

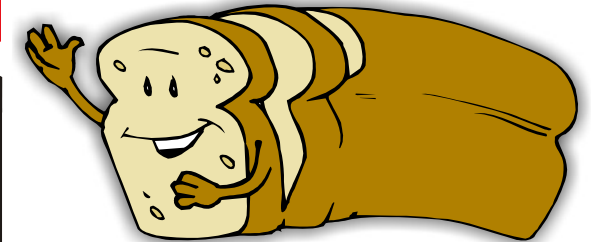
The American poet and journalist Walt Whitman, one of our country's most original and most acclaimed writers, was born on May 31, 1819 on Long Island in New York State. He began work on his masterpiece, a collection of poems entitled *Leaves of Grass*, before 1850 and continually revised and added to 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](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 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 !

