






# MAY 2017

# LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Mini Meatball Sub Ranch Potato Wedges Tossed Salad Sliced Peaches Fresh Pears Milk	2 Chef Salad Ham & Turkey Cherry Tomatoes Cucumber Slices Bread, Banana Whole Grain Cookie Applesauce (9-12) Milk	3 Cheese Pizza Broccoli, Fresh Baby Carrots Fresh Citrus Fruit Cup Yogurt Cup Mandarin Oranges (9-12) Milk	4 BBQ Chicken Roll & Jelly Baked Beans Potato Pears Tropical Fruit Milk	5 Biscuit & Gravy Sausage Patty Hash Brown Patty Green Beans Mandarin Oranges Grapes (9-12) Milk	6 	7 
8 Hamburger on a Bun Dark Green Leaf Lettuce Tomato Slice Oven Fries Cherry Applesauce Fresh Grapes (9-12) Milk	9 Cooks Choice Macaroni & Cheese Whole Wheat Bread & Jelly (6-12) Seasoned Peas Fresh Baby Carrots Strawberries & Bananas Canned Pineapple (9-12) Milk	10 Ham & Cheese on a Bun Sun Chips Carrots Apple Slices Whole Grain Cookie Tropical Fruit (9-12) Milk	11 Cook's Choice Red Bell Pepper Strips Carrots Pineapple Whole Grain Roll Pears (9-12) Milk	12 <b>NO SCHOOL</b>	13 	14 
15 Schools Out For The Summer						
20 Schools Out For The Summer						
25 Schools Out For The Summer						
30 Schools Out For The Summer						
31 Schools Out For The Summer						
 <p>This institution is an equal opportunity provider</p>		<p>NOTES: Grow a Garden: Get your youngster excited about the joys of gardening - and the fun of eating what she grows - with these suggestions. RESEARCH: Build enthusiasm, and learn the basics, with a visit to the library. Read children's books like <i>Roots, Shoots, Buckets &amp; Boots</i> (Sharon Lovejoy) to find out about everything from seed selection to themed gardens. Your librarian can recommend titles. PLAN: Together, figure out where you could put a garden. You might have room in your yard, opt for pots on a porch, or sign up for a plot in a community garden. Then, visit a nursery to choose seeds or plants. The clerks will help you pick vegetables your plants.</p>				