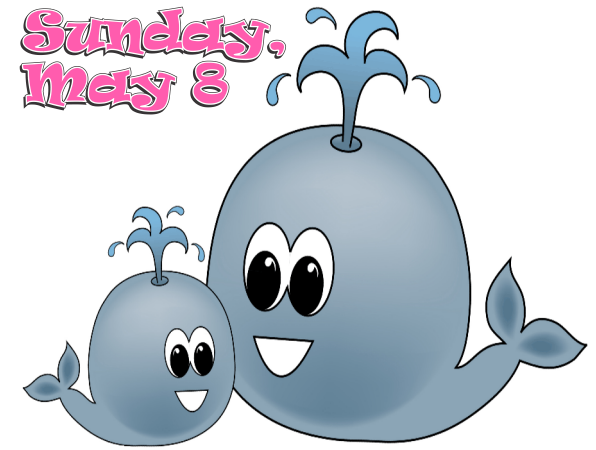


Menus for May 2016



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

St. Teresa School



Happy Mother's Day!

Monday, May 2

Lunch
-Double Stuff
Pepperoni Pizza
-Hamburger
-Popcorn Chicken Salad
with Goldfish
-PBJ Sandwich
Baby Carrots
Chilled Pineapple
Cold Milk

Tuesday, May 3

Lunch
-Sausage, Egg & Cheese
on Croissant
-Breaded Chicken Sandwich
-Caesar Salad with Goldfish
-PBJ Sandwich
Potato Rounds
Chilled Strawberries
Cold Milk

Wednesday, May 4

Lunch
-Mozzarella Sticks
With Pizza Sauce
-Hot Ham & Cheese Sandwich
-Chef Salad with Goldfish
-PBJ Sandwich
Seasoned Green Beans
Chilled Peaches
Cold Milk

Thursday, May 5

CINCO DE MAYO
Lunch
-Soft Beef Tacos
-Cheese Quesadilla
-Caesar Salad with Goldfish
-PBJ Sandwich
Refried Beans
Chilled Pears
Apple Churro
Cold Milk

Friday, May 6

Lunch
-Ham & Cheese Sandwich
-PBJ Sandwich
Goldfish
Baby Carrots
Apple Slices
Animal Crackers
Cold Milk



Monday, May 9

Lunch
-Sausage Pizza
-Cheesy Fish Sandwich
-Popcorn Chicken Salad
with Goldfish
-PBJ Sandwich
Cole Slaw
Whole Kernel Corn
Fresh Orange Smiles
Cold Milk

Tuesday, May 10

Lunch
-Hot Dog on Bun
-BBQ Ribette Sandwich
-Caesar Salad
-PBJ Sandwich
Goldfish Crackers
Baby Carrots
Fruit Juice Slushie
Cold Milk

Wednesday, May 11

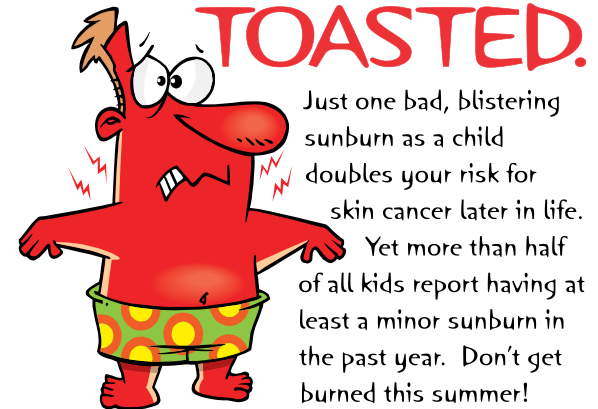
Lunch
-Popcorn Chicken Smackers
with Bread
-Salisbury Steak with Gravy
and Bread
-Chef Salad with Goldfish
-PBJ Sandwich
Mashed Potatoes with Gravy
Chilled Pears
Cold Milk

Thursday, May 12

Lunch
-Orange Chicken
with Fried Rice
-Meatball Sandwich
-Caesar Salad with Goldfish
-PBJ Sandwich
Fresh Broccoli
Chilled Mixed Fruit
Fortune Cookie
Cold Milk

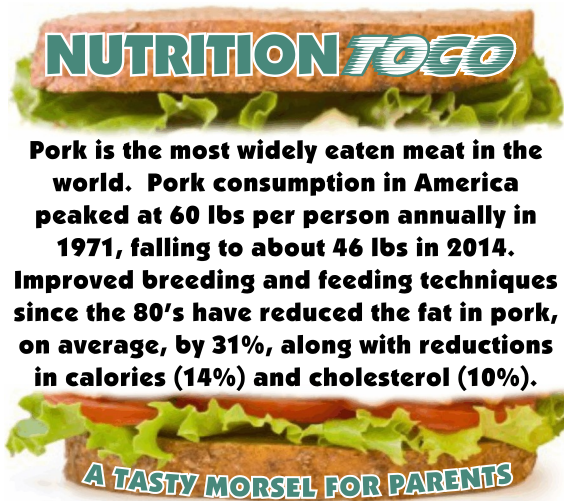
Friday, May 13

Lunch
-Straw Hat
-Mini Corn Dogs
-Chef Salad with Goldfish
-PBJ Sandwich
Seasoned Black Beans
Chilled Strawberries
Cold Milk



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!

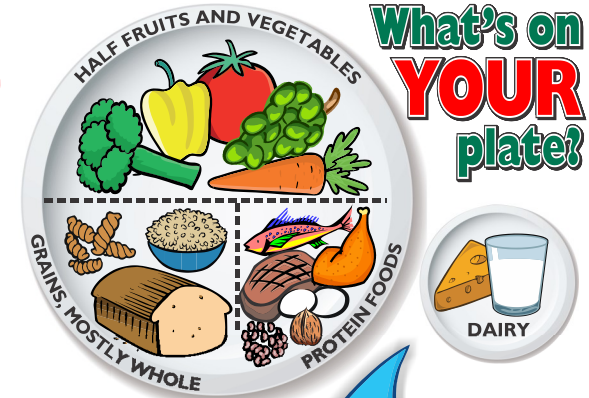
EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!



★ **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** ★



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 or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, May 16

Lunch
 -Cheese Pizza
 -Club Sandwich Croissant
 -Popcorn Chicken Salad with Goldfish
 PBJ Sandwich
 Seasoned Green Beans
 Chilled Applesauce
 Cold Milk

Tuesday, May 17

Lunch
 -Cheeseburger on Bun
 -Baked Potato with Cheese & Bread
 -Caesar Salad with Goldfish
 -PBJ Sandwich
 Steamed Broccoli and Cheese
 Mixed Fruit
 Cold Milk

Wednesday, May 18

School Picnic

Thursday, May 19

Lunch
 -Corn Dog
 -Deli Turkey & Cheese on Flatbread
 -Caesar Salad with Goldfish
 -PBJ Sandwich
 Baked Beans
 Chilled Peaches
 Animal Crackers
 Cold Milk

Friday, May 20

Lunch
 -Spaghetti with Bread Stick
 -Cheesy Fish Sandwich
 -Chef Salad with Goldfish
 -PBJ Sandwich
 Cooked Carrots
 Raisels
 Cold Milk

Monday, May 23

Lunch
 -Double Stuff Cheese Pizza
 -Country Steak Sandwich
 -Popcorn Chicken Salad with Goldfish
 -PBJ Sandwich
 Whole Kernel Corn
 Chilled Pears
 Cold Milk

Have a GREAT SUMMER!

Thanks for eating with us this year. We look forward to seeing you when school starts up again!