



# May 2015

## Lunch

### Colonial Preparatory Academy

Monday	Tuesday	Wednesday	Thursday	Friday
April 27, 2015	April 28, 2015	April 29, 2015	April 30, 2015	May 1, 2015
				CHEESE PIZZA Romaine Lettuce Light Italian Dressing Fresh Pear Choice of Milk
May 4, 2015	May 5, 2015	May 6, 2015	May 7, 2015	May 8, 2015
CHICKEN DIPPERS W/TOMATO PARMESAN SAUCE Green Beans Cinnamon Applesauce Vanilla Cookie Choice of Milk	TACO SCOOPS Tortilla Chips Whole Kernel Corn Blended Fruit Juice Choice of Milk	POPCORN CHICKEN Romaine Lettuce Cucumber Coins Croutons French Dressing Fresh Banana Choice of Milk	TURKEY BURGER Hamburger Bun Fresh Baby Carrots Light Ranch Dressing Taco Beans Sliced Apples Ketchup Mustard Choice of Milk	PEPPERONI PIZZA Fresh Broccoli Florets Light Ranch Dressing Diced Peaches Choice of Milk
May 11, 2015	May 12, 2015	May 13, 2015	May 14, 2015	May 15, 2015
MINI CORN DOGS & CHICKEN FUN MIX Golden Potato Rounds Diced Peaches Mustard Ketchup Choice of Milk	BBQ CHICKEN Hamburger Bun Green Beans Orange Juice Snickerdoodle Cookie Choice of Milk	MACARONI & CHEESE Mixed Vegetables Fresh Orange Choice of Milk	BEAN & CHEESE BURRITO Salsa Cup Refried Beans Fresh Banana Choice of Milk	CHEESE PIZZA Romaine Lettuce Light Italian Dressing Mixed Fruit Cup Choice of Milk
May 18, 2015	May 19, 2015	May 20, 2015	May 21, 2015	May 22, 2015
CHICKEN TENDERS W/SWEET POTATO PUFFS Garden Peas Diced Peas BBQ Sauce Ketchup Choice of Milk	CHEESY CHILI NACHOS Tortilla Chips Whole Kernel Corn Orange Juice Choice of Milk	HOT DOG W/ POTATO ROUNDS Hot Dog Bun Green Beans Fresh Banana Mustard Ketchup Cinnamon Sky Minis Choice of Milk	GRILLED CHEESE PANINI Maple Baked Beans Fresh Baby Carrots Light Ranch Dressing Sliced Apples Choice of Milk	SAUSAGE PIZZA Romaine Lettuce Light French Dressing Diced Peaches Choice of Milk
May 25, 2015	May 26, 2015	May 27, 2015	May 28, 2015	May 29, 2015
MEMORIAL DAY	PIZZA DIPPERS Marinara Dipping Sauce Garden Peas Orange Sorbet 100% Juice Choice of Milk	CHEESEBURGER Hamburger Bun Italian Corn Salad Mixed Fruit Cup Ketchup Mustard Choice of Milk	CRISPY CHICKEN FILLET Hamburger Bun Maple Baked Beans Crunchy Celery Sticks Light Ranch Dressing BBQ Sauce Strawberry Applesauce Choice of Milk	CHEESE PIZZA Romaine Lettuce Light Italian Dressing Fresh Pear Choice of Milk

\*\*\*\* ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK.

\*\*\* MENU SUBJECT TO CHANGE.

\*\*\* USDA is an equal opportunity provider and employer.

**May is National Physical Fitness Month... Check out the fitness tips below!**

Mix it up and keep it fun! Don't get stuck in a workout rut. Try and incorporate a new exercise every few weeks to keep you motivated. source: heart.org

