


Menus for May 2012

Wise County Public Schools

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FRUIT Clementines



Clementines are small citrus fruits that kids love! They're usually seedless, and each juicy, easy-to-peel little orange contains 35 calories, a gram of fiber, and 60% of your daily vitamin C.

OF THE MONTH

SNACK WELL?

Snack foods are loaded with empty calories from solid fats and added sugar. Sad thing is, a third of all of our daily calories, on average, come from candy, chips, soda, pastries, and other junky snack foods. Luckily, there's a cure for this condition: can you say fresh fruit?



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

Tuesday, May 1

Breakfast
Mini Cinnis

Lunch
Roasted Chicken
Mashed Potatoes
Peas
Chilled Fruit
Rolls

Wednesday, May 2

Breakfast
French Toast Sticks

Lunch
Cheesesticks
Pasta Salad
Green Beans
Chilled Fruit

Thursday, May 3

Manager's Choice

Breakfast
Manager's Choice

Lunch
Manager's Choice

Friday, May 4

Breakfast
Sausage Biscuit

Lunch
Chicken Sandwich
Potato Wedges
Baked Beans
Oatmeal Raisin Cookie

Word of the Month
hu·mane

adj. 1. marked by compassion, sympathy, or consideration for humans or animals 2. motivated by concern with the alleviation of suffering


MAY BIRTHDAYS

James Brown -- May 3
Adele (24) -- May 5
Florence Nightingale -- May 12
Tina Fey (42) -- May 18
Lorraine Hansberry -- May 19
Ralph Waldo Emerson -- May 25



Monday, May 7

Manager's Choice

Breakfast
Manager's Choice

Lunch
Manager's Choice

Tuesday, May 8

Breakfast
Yogurt & Cinnamon Toast
Crisps

Lunch
Steak & Gravy
Mashed Potatoes
Green Beans
Chilled Fruit
Rolls

Wednesday, May 9

Breakfast
Sausage Biscuit

Lunch
Pizza
Corn
Chilled Fruit
Brownie

Thursday, May 10

Breakfast
Biscuit & Gravy

Lunch
Cheeseburger
French Fries
Chilled Fruit
Chocolate Chip Cookie

Friday, May 11

Breakfast
Scrambled Eggs & Toast

Lunch
Spaghetti
Tossed Salad
Chilled Fruit
Breadstick



MOTHER'S DAY - MAY 13, 2012
FATHER'S DAY - JUNE 17, 2012