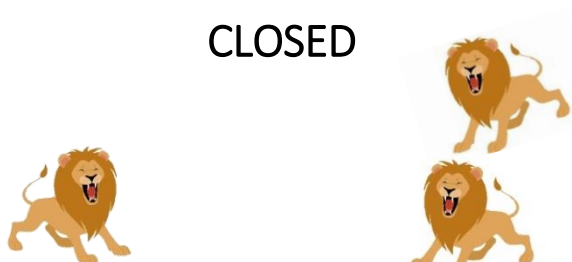



# MAY 3-9, 2021

## School Lunch Hero Day—May 7

Menu items are subject to change based on the availability of stock. Students must take ½ cup of fruit or ½ cup of vegetables and two other items. The USDA and the Arkansas School for the Blind are equal opportunity providers and employers.

| Breakfast  | Lunch   | Supper  |
|--|---|---|
| <b>MONDAY, MAY 3</b>   |   |   |
| Chilled Apple Juice<br>Golden Peaches<br>Morning Sausage Roll<br>Cereal<br>Milk                          | Beef Nachos<br>Fresh Shredded<br>Lettuce/Chopped<br>Tomatoes<br>Tasty Refried Beans<br>Chilled Applesauce Cup<br>Milk     | Hearty Lasagna<br>Tender Green Peas<br>Toasty Roll<br>Sliced Pears<br>Milk                              |
| <b>TUESDAY, MAY 4—NATIONAL TEACHER'S DAY</b>   |   |   |
| Chilled Orange Juice<br>Chilled Pineapple Chunks<br>Super Donut<br>Creamy Yogurt<br>Milk                 | Chicken Spaghetti<br>Tasty Glazed Carrots<br>Seasoned Green Beans<br>Garlic Bread<br>Exotic Tropical Fruit<br>Milk        | Yummy Hot Dog<br>Zesty Baked Beans<br>Chips<br>Colorful Mandarin Oranges<br>Milk                        |
| <b>WEDNESDAY, MAY 5</b>  |   |   |
| Chilled Grape Juice<br>Happy Orange Smiles<br>Ham and Cheese Biscuit<br>Cereal<br>Milk                   | Chicken Fries or Cobb Salad<br>Natural Mashed Potatoes<br>Sunny Seasoned Corn<br>Sliced Strawberries<br>Warm Roll<br>Milk | Savory Turkey Breast<br>Rice Pilaf<br>Tender Mixed Vegetables<br>Crusty Roll<br>Fruited Gelatin<br>Milk |
| <b>THURSDAY, MAY 6—NATIONAL NURSES DAY</b>   |   |   |
| Chilled Orange Juice<br>Blushing Sliced Pears<br>Crisp Bacon Slices<br>Maple Burst Mini Pancakes<br>Milk | Pulled Pork on Bun<br>Spicy Baked Beans<br>Delicious Potato Salad<br>Creamy Coleslaw<br>Crisp Apple Slices<br>Milk        | <b>CLOSED</b>   |
| <b>FRIDAY, MAY 7—SCHOOL LUNCH HERO DAY</b>   |   |   |
| Chilled Very Berry Juice<br>Wholesome Pineapple Tidbits<br>Pop-Tart<br>Milk                              | Leo's PBJ<br>Chips<br>Apple<br>Milk   | <b>CLOSED</b><br>  |
| <b>SUNDAY, MAY 9—MOTHER'S DAY</b>  |   |   |



We have talked about healthy eating at mealtimes, how about snacks? It's ok to have a snack, as long as you snack in moderation. For healthy snack ideas, try cut-up fruits and/or vegetables or low-fat yogurt or cheese.



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