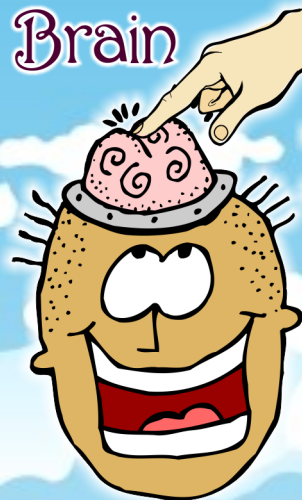


Menus for May 2019

Early Childhood Center,
Cape Girardeau
Public Schools

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



Brain

Ticklers

What starts with
"e" and ends with
an "e" but usually
only contains a
single letter?

(Hold the page upside
down and read it in a
mirror for the answer!)

"Sunjobs"

SCHOOL LUNCH HERO DAY MAY 3RD

AND SCHOOL
NUTRITION EMPLOYEE
APPRECIATION WEEK
MAY 6-10

I am the letter

U



unicorn

Home of the Tiny Tigers



Wednesday, May 1

Breakfast

Breakfast Sausage Pizza

Lunch

Turkey & Cheese Sub

Fresh Vegetables

Fruit

Milk

Frozen Fruit Sorbet

Thursday, May 2

Breakfast

Mini Waffles

Lunch

Beef BBQ Rib Sandwich

Curly Fries

Fruit

Milk

Friday, May 3

No Classes



Cinco de Mayo (May 5th) celebrates a
great Mexican military victory in 1862.

Monday, May 6

Breakfast

Cinnamon Toast Crunch
Pastry

Lunch

Sloppy Joe

Potato Tots

Fruit

Milk

Tuesday, May 7

Breakfast

Bacon, Egg & Cheese
Scramble with Biscuit

Lunch

Mini Corn Dogs

Corn

Fruit

Milk

Jello

Wednesday, May 8

Breakfast

Cereal

Lunch

Chinese Orange Chicken
with Egg Roll **New Item**

Peas

Fruit

Milk

Frozen Fruit Sorbet

Thursday, May 9

Breakfast

Sausage, Egg and Cheese
Biscuit

Lunch

Cheeseburger or Hamburger

Potato Wedges

Fruit

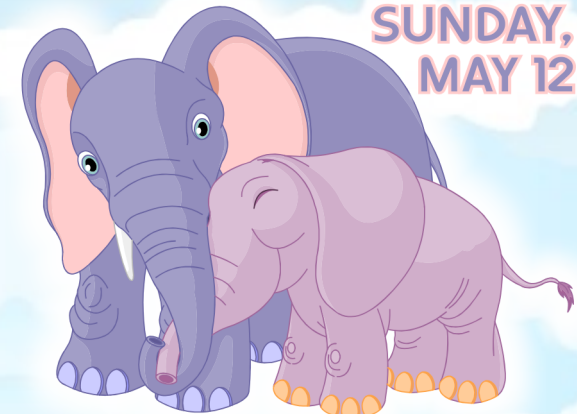
Milk

Friday, May 10

No Classes



MOTHER'S DAY SUNDAY, MAY 12



NUTRITION TO GO

Some studies suggest that blueberries can improve brain functioning and protect against age-related mental decline. The high amount of "antioxidants" in blueberries may actually help the brain stay younger longer! Blueberry season runs from May to September.

A QUICK BITE FOR PARENTS



STRANGE BUT TRUE!

"HAPPY BIRTHDAY TO YOU" IS THE MOST RECOGNIZED SONG IN THE ENGLISH LANGUAGE. BUT AT FIRST IT **WASN'T EVEN A BIRTHDAY SONG**. IT WAS ORIGINALLY CALLED "GOOD MORNING TO ALL" AND WAS WRITTEN BY TWO KINDERGARTEN TEACHERS BECAUSE IT WAS EASY FOR LITTLE KIDS TO SING!



What's on **YOUR** plate?



Q: Where do we get most of the tomatoes we eat?

A: The average American eats close to 30 pounds of tomatoes a year, and all of them started off on a vine somewhere! But less than half the tomatoes we eat are fresh. We get most of our tomatoes in processed forms – out of a bottle of ketchup, in pizza sauce, or as various kinds of canned tomatoes.



Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, May 13

Breakfast

Mini Pancakes

Lunch

Breaded Beef Steak Sandwich

Potato Smiles

Fruit

Milk

Tuesday, May 14

Breakfast

Cheese Omelet with Biscuit

Lunch

Hot Turkey & Cheese Sandwich

Sweet Potato Fry

Fruit

Milk

Wednesday, May 15

Breakfast

Breakfast Sausage Pizza

Lunch

Breaded Fish Pieces

Cole Slaw

Fruit

Milk

Frozen Fruit Sorbet

Thursday, May 16

Breakfast

Glazed Donut

Lunch

Crispito with Cheese

Corn

Fruit

Milk

Ice Cream



Monday, May 20

Breakfast

Mini Donuts

Lunch

Chef's Choice

Fruit

Milk

Tuesday, May 21

Breakfast

Chef's Choice

Lunch

**Early Dismissal
No Lunch Served**

Thank you for another outstanding school year and thank you for allowing us to serve you breakfast and lunch!

Have a safe and happy summer!

See you again on Thursday, August 15th!

YOUR ASSIGNMENT

Have a GREAT summer! We'll see you in a few months!



FRUIT

Cherries

Cherries provide vitamin C, fiber, and potassium, and they are one of the few fresh food sources of melatonin, which can help regulate healthful, natural sleep cycles. Cherries also provide anti-oxidants that can lower inflammation and aid in workout recovery!



OF THE MONTH