

# MAY 2019

## Tri-Valley Middle School

Over summer break, try to make one "better for you" choice every day! Choose a fresh fruit or vegetable over a salty snack, and try to incorporate physical activity into your daily routine!

Monday

Tuesday

Wednesday

Thursday

Friday

1  
Grilled Chicken Sandwich  
Macaroni & Cheese  
Mixed Vegetables  
Orange Wedges  
Milk

2  
Cheeseburger  
Hot Dog  
Tater Tots  
Strawberries  
Milk

3  
Bosco Sticks w/Marinara  
Deli Sandwich  
Garden Salad  
Peaches  
Milk

6  
Pretzel Bites w/Cheese  
Turkey & Swiss on Wheat  
Steamed Carrots  
Pears  
Milk

7  
Chicken Nuggets  
Whole Wheat Roll  
Turkey & Veggie Wrap  
Green Beans  
Mixed Fruit  
Milk

8  
CHEF'S CHOICE

9  
CHEF'S CHOICE

10  
CHEF'S CHOICE

13  
ENJOY

14  
YOUR

15  
SUMMER

16  
BREAK

17  
!!!

20

21

22

23

24

27

28

29

30

31

Menu Subject to Change  
Fresh Fruits and Vegetables Available Daily