



<b>1</b>
<b>Breakfast</b> Cheerio Cereal, Sliced Apples, Milk
<b>Lunch</b> Chefs Choice, Leafy Green Salad, Pears, Milk
<b>Snack</b> Carrot Sticks, Ranch Dressing, Graham Crackers

<b>2</b>
<b>Breakfast</b> Cheddar Omelet & Toast, Craisins, Pears, Milk
<b>Lunch</b> Fresh Baked Cheese Sticks, Marinara Sauce, Corn, Apricots, Milk
<b>Snack</b> Mixed Fruit Cup, Animal Crackers

<b>3</b>
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All Snacks include a Veggie or Fruit, Grain, Meat or Meat Alternative, and Water

<b>6</b>
<b>Breakfast</b> Chex Cereal, Cheese Stick, Peaches, Milk
<b>Lunch</b> Crispy Chicken Sandwich, Green Peas, Mixed Fruit, Milk
<b>Snack</b> Animal Crackers, Fruit Cup

<b>7</b>
<b>Breakfast</b> Pancakes & Sausage, Blueberries, Milk
<b>Lunch</b> Cheese Ravioli w/ Alfredo Sauce, wg Roll Carrots, Sliced Apples, Milk
<b>Snack</b> Apple Sauce Cup, String Cheese

<b>8</b>
<b>Breakfast</b> Rice Krispie Cereal, Sliced Apples, Milk
<b>Lunch</b> Chicken Teriyaki, Brown Rice, Green Peas, Peaches, Milk
<b>Snack</b> Broccoli Bites, Ranch PK, Pretzels

<b>9</b>
<b>Breakfast</b> Breakfast Wrap, Craisins, Pears, Milk
<b>Lunch</b> Chefs Choice, Corn, Apricots, Milk
<b>Snack</b> Blueberry Muffin, Fruit Cup

<b>10</b>
<b>Breakfast</b> Cheerios Cereal, Cheese Stick, Fruit Cup, Milk
<b>Lunch</b> Meatball Submarine, Leafy Green Salad, Pears, Milk
<b>Snack</b> Animal Crackers, Fresh Apple

A complete Lunch must include 3 components, 1 must be half cup fruit and or veggie

<b>13</b>
<b>Breakfast</b> Rice Krispie Cereal, Cheese Stick Peaches, Milk
<b>Lunch</b> Baja Fish Sticks, French Fries, Leafy Greens, Apricots Milk
<b>Snack</b> Cinnamon Goldfish Crackers, Fruit Cup

<b>14</b>
<b>Breakfast</b> Blueberry Muffin, Blueberries Milk
<b>Lunch</b> Oven Roasted Chicken, Veggie, wg Roll Green Beans, Oranges, Milk
<b>Snack</b> String Cheese, Apple Slices

<b>15</b>
<b>Breakfast</b> Chex Cereal, Sliced Apples, Milk
<b>Lunch</b> Crispy Chicken Nuggets, Teddy Grahams, Leafy Green Salad, Pears, Milk
<b>Snack</b> Carrot Sticks, Ranch Dressing, Teddy Grahams

<b>16</b>
<b>Breakfast</b> French Toast, Craisins, Pears, Milk
<b>Lunch</b> Fresh Baked Cheese Pizza Veggie Beans, Apple Sauce Cup, Milk
<b>Snack</b> Cheddar Crackers, Fresh Orange

<b>17</b>
<b>Breakfast</b> Yogurt, Graham Crackers, Strawberry Cup, Milk
<b>Lunch</b> Egg Pattie, Pancakes, Carrot Sticks, Pears, Milk
<b>Snack</b> Cherry Fruit Pocket, Mixed Berry Fruit

Each meal includes a fresh variety of fruits and vegetables, 1% white milk

<b>20</b>
<b>Breakfast</b> Yogurt, Graham Crackers, Strawberry Cup, Milk
<b>Lunch</b> PopCorn Chicken Bites, Pancakes, Leafy Green Salad, Pears, Milk
<b>Snack</b> Animal Crackers, Apple Slices

<b>21</b>
<b>Breakfast</b> Pancakes, Blueberries, Milk
<b>Lunch</b> Mac & Cheese, wg Roll Carrots Sliced Apples, Milk
<b>Snack</b> Orange Slices, Pretzels

<b>22</b>
<b>Breakfast</b> Rice Krispie Cereal, Cheese Stick, Sliced Apples, Milk
<b>Lunch</b> Beef Teriyaki w/ Brown Rice, Green Peas, Peaches, Milk
<b>Snack</b> Cucumber Slices, Ranch pk, Raisins,

<b>23</b>
<b>Breakfast</b> Cheddar Omelet & Toast, Craisins, Pears, Milk
<b>Lunch</b> Fresh Baked Cheese Sticks, Marinara Sauce, Corn, Apricots, Milk
<b>Snack</b> Mixed Fruit Cup, Animal Crackers

<b>24</b>
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<b>27</b>
<b>Breakfast</b> Multi- Grain Cheerios, Peaches, Milk
<b>Lunch</b> Sweet Thai Chili Chicken, Roll, Leafy Greens, Applesauce Cup, Milk
<b>Snack</b> Graham Crackers, Fruit Cup

<b>28</b>
<b>Breakfast</b> Breakfast Wrap, Blueberries, Milk
<b>Lunch</b> Meatballs, Potatoes, Gravy, wg Roll Green Beans, Oranges, Milk
<b>Snack</b> Apple Slices, String Cheese,

<b>29</b>
<b>Breakfast</b> Cheerio Cereal, Sliced Apples, Milk
<b>Lunch</b> Cheese Burgers, Leafy Green Salad, Pears, Milk
<b>Snack</b> Carrot Sticks, Ranch Dressing, Graham Crackers

<b>30</b>
<b>Breakfast</b> WG Bagel, Pears, Milk
<b>Lunch</b> Cheese Pizza, Applesauce, Veggie Beans, Milk
<b>Snack</b> Celery Sticks, Sun-butter, Craisins

<b>31</b>
<b>Breakfast</b> Yogurt, Graham Crackers, Strawberry Cup, Milk
<b>Lunch</b> Chefs Choice, Leafy Green Salad, Pears, Milk
<b>Snack</b> Elf Graham Crackers, Fresh Pear

A complete Breakfast requires 3 items and 1 must be a fruit and or vegetable.

This institution is an equal opportunity provider.

## Celebrate Food Fitness and Fun!

Traditionally, when people try to “get healthier” they simply go on a “diet”. This typically lead to feelings of deprivation and for children, diets can impede healthier growth and development. Restrictive eating without exercise can lead to muscle loss, which only reduces the number of calories you need to sustain your weight and makes you weaker.

Daily, healthy living should be a fun and enjoyable experience. It requires a balance of healthy eating coupled with daily activity. It's not about a restrictive diet and painful exercise. It means learning to fill your plate with a variety of protein-rich foods, fruits and vegetables and moderate portions of grains that are all filled with flavor.

It means finding one or more activities you enjoy and accumulating at least 60 minutes of movement in your daily life. If you don't like to run, don't run. If you like to dance, then dance! To keep exercise fun, create a schedule and rotate activities throughout the days of the week.

For example, maybe you walk on Monday, Wednesday and Friday, dance on Tuesday, ride a stationary bike on Thursday and Saturday and leave Sunday open for whatever you choose to do that day. Achieving fitness does require creating a plan, but it should be a plan that you and your family find enjoyable. When things are fun you tend to return to them day after day.

### Healthier Versions of Traditional Cinco de Mayo Foods

Cinco de Mayo, or the fifth of May, marks the celebration of the Mexican victory over French forces at the Battle of Puebla on May 5, 1862. This day is frequently celebrated with many delicious traditional foods like tacos, enchiladas, tamales, fajitas and guacamole. These traditional favorites are filled with flavor, but sometimes also contain significant amounts of calories or fat. Fortunately, healthier versions of Cinco de Mayo recipes are easily achievable and they taste great too. At its core, Mexican cuisine is very healthy so begin by sticking to the basic ingredients and try to avoid thick, layered dips and extra cheese. Here are a few additional tips for a healthier Cinco de Mayo:

1. If you are going to enjoy the calorie laden items, reduce your portion sizes.
2. Good news – load up on salsa because it counts as a vegetable. You can also make salsa with fruit.
3. While guacamole is considered to be high in fat, fortunately the type of fat in avocados is healthier than the saturated fats found in some meats and cheese.
4. Consider making your own corn tortilla chips to enjoy with guacamole and salsa.
5. Lighten up tacos and other dishes that require beef by choosing the leanest beef, substituting with 100% turkey or chicken breast meat and/or reducing the volume of meat and adding in some beans instead.
6. Consider reducing the volume of cheese in recipes and/or using a lower-fat version.

A few simple steps can go a long way to enhancing the healthfulness of your celebration. Enjoy!

### *Fresh Pick Recipe*

#### CORN AND AVOCADO SALSA

- 1/2 cup sweet onion
- 1 jalapeño pepper, minced
- 1 yellow bell pepper, medium dice
- 1 green bell pepper, medium dice
- 1/2 cucumber, medium dice
- 2 cups corn
- 2/3 avocados, large dice
- 1/2 cup orange juice
- 2 tablespoons lime juice
- 2 tablespoons extra virgin olive oil
- salt and pepper to taste
- baked corn chips

1. Prepare all ingredients as directed.
2. Mix the orange and lime juices with the olive oil in small bowl.
3. Place remaining ingredients in medium bowl and mix with the dressing.
4. Serve with baked chips.

Our foodservice facility prepares and serves some products which may contain ingredients identified as food allergens. For more information on food allergies, go to <http://www.foodallergy.org/>.