

## Featured Specials of the Day

### Monday, May 1

Ravioli served with garlic bread  
Sweet Corn

Diced Peaches or Raisins

### Tuesday, May 2

Boneless Chicken Wings with a homemade roll  
Crispy French Fries

Chilled Pineapple or Raisins

### Wednesday, May 3

Soft Shell Tacos with Mexican Rice & Guacamole  
Lettuce & Diced Tomatoes; Refried Beans

Applesauce or Raisins

### Thursday, May 4

Deluxe Pizza Bar

Steamed Green Beans

Mandarin Orange Slices or Raisins

### Friday, May 5

Build Your Own Sub with all the fixins'  
Baked Beans

Diced Pears or Raisins

### Monday, May 8

Sweet & Sour Chicken with Asian Rice & a Fortune  
Cookie

Steamed Broccoli

Chilled Pineapple or Raisins

### Tuesday, May 9

Beef or Chicken Quesadillas served with Mexican  
Rice

Lettuce & Diced Tomatoes; Fiesta Taco Black Beans  
Frozen Sorbet Cup or Raisins

### Wednesday, May 10

Turkey & Gravy with a muffin

Mashed Potatoes

Diced Peaches or Raisins

### Thursday, May 11

Crispy Chicken Nuggets served with a homemade  
roll

Sweet Potato Fries

Mandarin Orange Slices or Raisins

### Friday, May 12

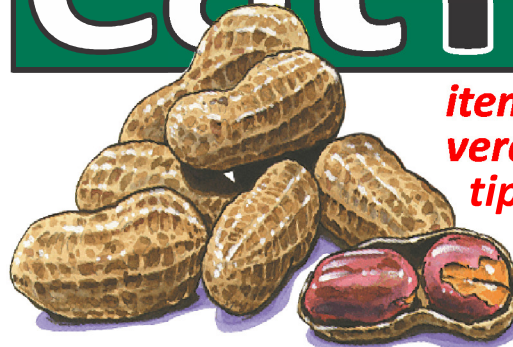
Hot Ham & Cheese or Grilled Cheese Sandwich  
served with tomato soup

Steamed Green Beans

Diced Pears or Raisins

# eat fit

## wanna stay fit? gotta eat right!



**item: peanuts in the shell**  
**verdict: snackalicious**

**tip:** *Unsalted peanuts in the shell are a healthy snack! They're loaded with monounsaturated fat – the fat that's good for you – as well as lots of fiber and as much antioxidants as most fruits. Plus they fill you up quick, so snack away! As for peanut butter – that's good, too, but try to wean yourself off the kind with added salt and sugar and go for peanut butter with just one ingredient – peanuts!*



Based on about 35 peanuts in the shell.

## Featured Specials of the

### Monday, May 15

Fettuccini Alfredo with grilled chicken & garlic bread

Steamed Broccoli

Diced Peaches or Raisins

### Tuesday, May 16

Baked Chicken with a biscuit & honey

Garlic Mashed Potatoes

Chilled Pineapple or Raisins

### Wednesday, May 17

Homemade Mac & Cheese with a fresh baked roll

Steamed Green Beans

Applesauce or Raisins

### Thursday, May 18

Breakfast for Lunch

Crispy Hashbrowns

Mandarin Orange Slices or Raisins

### Friday, May 19

Shrimppoppers served with Goldfish Crackers

Crispy French Fries

Chilled Mixed Fruit or Raisins

## Featured Specials of the

### Monday, May 22

Build a Burger or Hot Dog Bar

Sweet Potato Fries

Diced Pears or Raisins

### Tuesday, May 23

Boneless Chicken Wings served with a breadstick

Steamed Green Beans

Sorbet Cup or Raisins

### Wednesday, May 24

Homemade Spaghetti with garlic bread

Sweet Corn

Applesauce or Raisins

### Thursday, May 25

Walking Taco served with Mexican Rice

Lettuce & Diced Tomatoes; Fiesta Taco Black Beans

Mandarin Orange Slices or Raisins

### Friday, May 26

Grilled Cheese or Hot Ham & Cheese Sandwich  
served with tomato soup

Steamed Green Beans

Diced Peaches or Raisins

Please See Reverse  
Side For Items  
Available Every Day

# 90 MINUTE RULE.

A hot shower before bed helps you sleep better. But there's a catch: make sure to shower ninety minutes before you plan to hit the hay. That

way your body will have time to cool down and you'll be primed for the excellent, restful sleep we all need for good health!



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

## Featured Specials of the

Monday, May 29

**MEMORIAL DAY NO SCHOOL TODAY**

### Tuesday, May 30

Breakfast for Lunch  
Crispy Hashbrowns  
Juice Cup or Raisins

### Wednesday, June 31

Homemade Lasagna served with garlic bread  
Steamed Broccoli  
Diced Pears or Raisins

### Thursday, June 1

Turkey & Gravy with a muffin  
Mashed Potatoes  
Diced Peaches or Raisins

### Friday, June 2

Crispy Chicken Nuggets served with a roll  
Baked Potato with sour cream or butter  
Mandarin Oranges or Raisins

## Featured Specials of the Day

### Monday, June 5

Build Your Own Nachos Supreme served with Mexican Rice  
Lettuce & Diced Tomatoes; Refried Beans  
Diced Peaches or Raisins

### Tuesday, June 6

Hot Dog; Brat or Burger Bar  
Baked Beans

Mandarin Oranges or Raisins

### Wednesday, June 7

Baked Chicken with a homemade roll  
Sweet Potato Fries  
Diced Pears or Raisins

### Thursday, June 8

Build Your Own Sub with all the fixins'  
Sweet Corn  
Chilled Mixed Fruit or Raisins

### Friday, June 9

Cook's Choice

### Monday, June 12

Cook's Choice

### Tuesday, June 13

Cook's Choice

### Monday, June 14

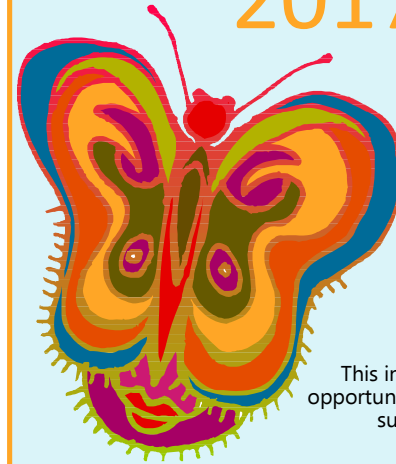
Half Day—Sack Lunches

### Tuesday, June 15

Half Day  
Lunch will not be served

SUNNY-SUMMER TIME!!!!

# Menus for May & June 2017



TBJH

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

## Available Daily!

### Visit Our Fresh Veggie & Fruit Bar!!!

JJ's Pizza (M-W-F)  
Bosco Sticks with sauce (T & Th)  
Assorted Sandwiches  
Spicy Chickenburger on a bun  
Cheeseburger on a bun  
Nacho Chips & Cheese served with taco meat  
Yogurt with string cheese and Goldfish crackers

**You MUST include a veggie or fruit from the daily choices listed or from our V/F Bar to make a COMPLETE meal.**