



THIS INSTITUTION IS AN EQUAL OPPORTUNITY EMPLOYER



Fitness Tip: Ways to Increase Physical Activity:

- Play a sport like basketball, softball, or soccer.
- Walk, skate, or cycle more, and drive less.
- Do stretches, exercises, or pedal a stationary bike while watching TV



Monday

Tuesday

Wednesday

Thursday

Friday

WG CEREAL 2
WG TOAST
FRUIT
JUICE

BREAKFAST SANDWICH 3
FRUIT
JUICE

FRENCH TOAST 4
FRUIT
JUICE

FRUIT SMOOTHIE 5
BREAKFAST ROUND
FRUIT
JUICE

WG CEREAL 6
WG POPTART
FRUIT
JUICE

WG CEREAL 9
WG TOAST
FRUIT
JUICE

OMELET 10
WG TOAST
FRUIT
JUICE

PANCAKE & SAUSA 11
ON A STICK
FRUIT
JUICE

COOK'S CHOICE 12

COOK'S CHOICE 13

COOK'S CHOICE 16

COOK'S CHOICE 17

18

19

20

23

24

25

26

27

30

31



May 2016

DILLER ODELL ELEMENTARY SCHOOL

LUNCH



FRESH FRUIT AND VEGETABLE BAR SERVED DAILY
MILK CHOICE SERVED DAILY.



Fitness Tip: MyPlate recommends:

- Children need at least 60 minutes of physical activity every day.
- Be active together as a family.
- Physical activity should be fun and offer variety.

Monday

BBQ PORK ON BUN **2**
POTATO SALAD
VEGETABLE CHOICE
FRUIT CHOICE

PIG IN A BLANKET **9**
MACARONI & CHEESE
VEGETABLE CHOICE
FRUIT CHOICE

COOK'S CHOICE **16**

23

30

Tuesday

HAMBURGER ON BUN **3**
FRENCH FRIES
FRUIT CHOICE
PEANUT BUTTER BAR

ITALIAN DUNKERS **10**
LETTUCE SALAD
FRUIT CHOICE
CAKE

NO LUNCH **17**
EARLY DISMISSAL

LAST DAY OF SCHOOL

24

31

Wednesday

GENERAL TSO **4**
CHICKEN WRAP
BAKED BEANS
FRUIT CHOICE

DELI SANDWICH **11**
CHIPS
VEGETABLE CHOICE
FRUIT CHOICE

18

25



Thursday

CHICKEN TACO **5**
REFRIED BEANS
VEGETABLE CHOICE
FRUIT CHOICE

COOK'S CHOICE **12**

19

26

Friday

STROMBOLI **6**
POTATO WEDGES
VEGETABLE CHOICE
FRUIT CHOICE

COOK'S CHOICE **13**

20

27



May 2016

DILLER ODELL JR. & SR. HIGH SCHOOL

LUNCH



FRESH FRUIT AND VEGETABLE BAR SERVED DAILY
MILK CHOICE SERVED DAILY.



Fitness Tip: MyPlate recommends:

- Children need at least 60 minutes of physical activity every day.
- Be active together as a family.
- Physical activity should be fun and offer variety.

Monday

BBQ PORK ON BUN **2**
POTATO SALAD
VEGETABLE CHOICE
FRUIT CHOICE

PIG IN A BLANKET **9**
MACARONI & CHEESE
VEGETABLE CHOICE
FRUIT CHOICE

COOK'S CHOICE **16**

23

30

Tuesday

SLOPPEY NACHOS **3**
VEGETABLE CHOICE
FRUIT CHOICE
PEANUT BUTTER BAR

ITALIAN DUNKERS **10**
LETTUCE SALAD
FRUIT CHOICE
CAKE

NO LUNCH **17**
EARLY DISMISSAL

LAST DAY OF SCHOOL

24

31

Wednesday

GENERAL TSO **4**
CHICKEN WRAP
BAKED BEANS
FRUIT CHOICE

DELI SANDWICH **11**
CHIPS
VEGETABLE CHOICE
FRUIT CHOICE

18

25



Thursday

TURKEY ALA KING **5**
VEGETABLE CHOICE
FRUIT CHOICE

COOK'S CHOICE **12**

19

26

Friday

STROMBOLI **6**
POTATO WEDGES
VEGETABLE CHOICE
FRUIT CHOICE

COOK'S CHOICE **13**

20

27

