

BREAKFAST

May 2015

Type Your School Name Here

Fitness Tip

Ways to Increase Physical Activity:

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

Reference: USDA. MyPlate.gov. Internet: <http://www.myplate.gov>.



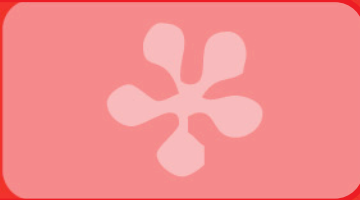
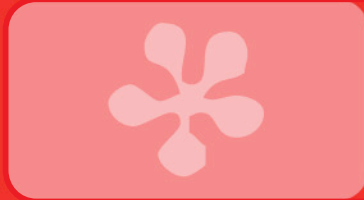
* monday

* tuesday

* wednesday

* thursday

* friday



**May is National Physical Fitness
and Sports Month**



WG CEREAL **1**
OATMEAL BREAKFAST
ROUND
FRUIT
JUICE MILK

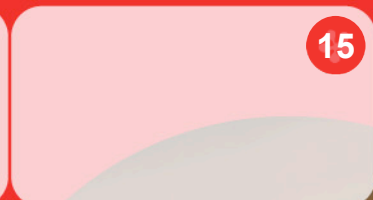
WG CEREAL **4**
WG TOAST
FRUIT
JUICE
MILK

BREAKFAST TACO **5**
FRUIT
JUICE
MILK

FRENCH TOAST STIX **6**
FRUIT
JUICE
MILK

BISCUITS & SAUSAGE **7**
GRAVY
FRUIT
JUICE
MILK

WG CEREAL **8**
WG BAGEL
FRUIT
JUICE
MILK



LUNCH

May 2015

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Lunch Fact

MyPlate recommends:

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

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SLOPEY NACHOS **1**
REFRIED BEANS
CORN
FRESH FRUIT
CINNAMON ROLL MILK

CHILI CRISPITO **4**
TACO SOUP
APPLESAUCE
CHOCOLATE CHIP COOKIE
MILK

SWEET & SOUR **5**
CHICKEN
BROWN RICE
GREENBEANS
PINEAPPLE
WG ROLL MILK

BBQ PORK ON WG BUN **6**
BAKED BEANS
BABY CARROTS
FRESH FRUIT
MILK

CHICKEN NUGGETS **7**
MASHED POTATOES
PEAS
FRUIT SALAD
WG ROLL MILK

TACO SALAD **8**
MEXICAN RICE
CORN
FRUIT CHOICE
RICE CRISPY BAR MILK

GENERAL TSO CHICKEN **11**
WRAP
POTATO SALAD
BABY CARROTS
APRICOTS MILK

TBA **12**

TBA **13**

TBA **14**

TBA **15**

TBA **18**

TBA **19**

TBA **20**

TBA **21**

TBA **22**

TBA **25**

TBA **26**

TBA **27**

TBA **28**

TBA **29**