

Menus for
May & June
2017

St. John Lutheran School

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



MAY BIRTHDAYS

- Raelynn (23) -- May 4
- Adele (29) -- May 5
- Willie Mays (86) -- May 6
- Stevie Wonder (67) -- May 13
- Jon Partl (52) -- May 20
- John F. Kennedy -- May 29



Tuesday, May 2

Lunch

- Crispy Chicken Rings
- Tossed Romaine Salad & Tomatoes
- Corn Bread
- Chilled Peas
- Choice of Milk

Wednesday, May 3

Lunch

- Sloppy Joe on a Bun
- Baked Beans
- Chilled Applesauce
- Choice of Milk

Thursday, May 4

Lunch

- Cheese Pizza
- Whole Kernel Corn
- Assorted Fresh Fruit
- Choice of Milk

Friday, May 5

Lunch

- Hot Turkey & Gravy/Dinner Roll
- Whipped Potatoes
- Chilled Mixed Fruit
- Choice of Milk

Monday, May 8

Lunch

- Crispy Chicken Nuggets
- Carroteenies
- Frozen Juice Cup
- Scooby Doo Grahams
- Choice of Milk

Tuesday, May 9

Lunch

- Cheese Omelet
- Mango Wango or Dragon Punch Vegetable Juice
- Mini Waffles
- Strawberry Cup
- Choice of Milk

Wednesday, May 10

Lunch

- Hot Turkey & Swiss Sandwich
- Carroteenies
- Chilled Peaches
- Choice of Milk

Thursday, May 11

Lunch

- Crispy Chicken Strips & BBQ Sauce
- Oven Baked French Fries
- Chilled Applesauce Cup
- Choice of Milk

Friday, May 12

Lunch

- BBQ Pulled Pork Sandwich
- Tossed Garden Salad & Tomatoes
- Assorted Fresh Fruit
- Choice of Milk

Monday, May 15

Lunch

- Cheeseburger on a Bun
- Steamed Carrots & Cauliflower
- Chilled Peas
- Choice of Milk

Tuesday, May 16

Lunch

- Toasted Cheese Sandwich
- Creamy Tomato Soup
- Cheddar Goldfish Crackers
- Chilled Peaches
- Choice of Milk

Wednesday, May 17

Lunch

- Santa Fe Salad & Corn Chips
- Whole Kernel Corn
- Assorted Fresh Fruit
- Choice of Milk

Thursday, May 18

Lunch

- Pepperoni Pizza
- Tossed Romaine Salad & Tomatoes
- Chilled Applesauce Cup
- Choice of Milk

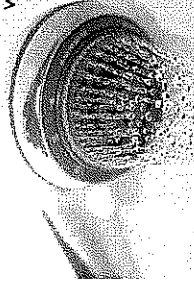
Friday, May 19

Lunch

- Mexican Tacos/Cheese, Lettuce & Salsa
- Carroteenies
- Blueberries
- Choice of Milk

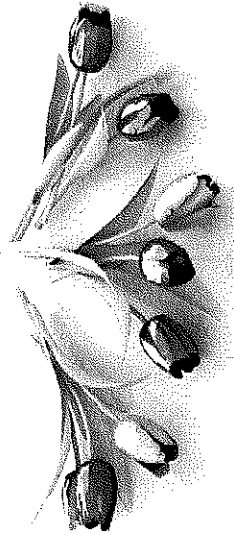
90 MINUTE RULE.

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!

Thanks, Mom!



**Happy Mother's Day
Sunday, May 14**

Monday, May 22

Lunch

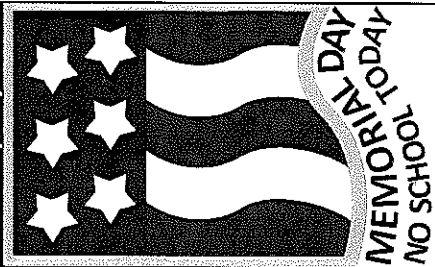
- Pizza Bake
- Carrot Coins
- Whole Grain Bread
- Chilled Peaches
- Choice of Milk

Tuesday, May 23

Lunch

- Philly Steak Sandwich
- Tossed Romaine Salad & Tomatoes
- Chilled Mixed Fruit
- Choice of Milk

Monday, May 29



Monday, June 5

Lunch

- Crispy Chicken Nuggets
- Tossed Romaine Salad & Tomatoes
- Chilled Mixed Fruit
- Choice of Milk

Tuesday, June 6

Lunch

- Pepperoni Pizza
- Whole Kernel Corn
- Assorted Fresh Fruit
- Choice of Milk

Wednesday, June 7

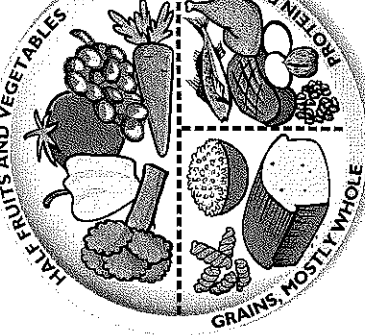
Lunch

- Hot Dog on a Bun
- Baked Beans
- Frozen Juice Cup
- Chocolate Chip Cookie
- Choice of Milk

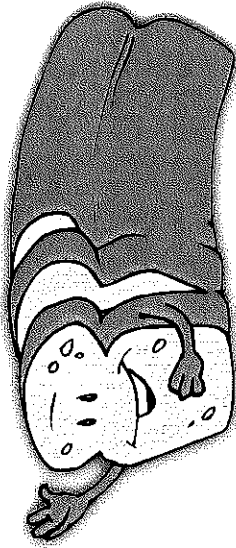
Tuesday, May 30

Lunch

- Crispy Chicken Patty
- Tossed Romaine Salad & Tomatoes
- Blueberries & Granola
- Choice of Milk



Always try to score 100%!



The healthiest — and tastiest! — bread you can eat is the kind that says "100% whole wheat." Check out a loaf of the bread you usually eat. Does it say "100%" on the front label? Is "whole wheat flour" the first ingredient listed? Does the "Nutrition Facts" label say that the bread has at least 2 grams of fiber per slice? If you answered yes to all 3 questions, congratulations — you score 100%! If you didn't answer yes to all three, give 100% whole wheat bread a try!

Learn more at www.choosemyplate.gov
<http://kidshealth.org/kids/healthy/food/pyramid.html>

Wednesday, May 24

Lunch

- Oven Baked Chicken & Dinner Roll
- Baked Beans
- Chilled Applesauce
- Choice of Milk

Wednesday, May 31

Lunch

- Nachos Grande
- Tator Tots
- Chilled Applesauce
- Choice of Milk

Thursday, May 25

Lunch

- Meatballs & Gravy
- Potato Wedges
- Whole Grain Bread
- Chilled Juice Cup
- Choice of Milk

Thursday, June 1

Lunch

- Chicken Fajita
- California Blend Vegetables
- Chilled Mixed Fruit
- Choice of Milk

Friday, May 26

Lunch

- Italian Sub Sandwich
- Crunchy Pea Pods & Dip
- Assorted Fresh Fruit
- Choice of Milk

Friday, June 2

Lunch

- Hamburger on a Bun "The Works"
- Tossed Romaine Salad & Tomatoes
- Assorted Fresh Fruit
- Choice of Milk

Word of the Month

kind·ness

1. goodness; benevolence
2. consideration for the feelings and well-being of people other than oneself
3. sympathy; gentle helpfulness

