

May 2017 South

Monday	Tuesday	Wednesday	Thursday	Friday
24 Hot Dog on Bun Ketchup/Mustard Baby Carrots Vegetarian Chili Pears Milk	25 Chicken Nuggets Mashed Potatoes/Gravy Broccoli Applesauce Milk	26 Beef Nachos Lettuce/Tomato Sour Cream/Salsa Refried Beans Corn Orange Milk	27 Chicken Patty on Bun Mayo/Ketchup French Fries Green Beans Fruit Cup Milk	28 Max Sticks Marinara Sauce Leafy Green Salad/Dressing California Blend Pineapple Milk
1 Pork Riblet on Bun** Sweet Potato Waffle Fries Ketchup Broccoli Peaches Milk	2 Pasta w/ Meat Sauce Garlic Toast Leafy Green Salad/Dressing Green Beans Pears Milk	3 Hot Pulled Beef Mashed Potatoes/Gravy Baby Carrots Applesauce Milk	4 Chicken Tenders Baked Beans Corn Orange Milk	5 Grilled Cheese Tomato Soup Leafy Green Salad/Dressing California Blend Apple Milk
8 Cheeseburger on Bun Lettuce/Tomato Ketchup/Mustard Baked Beans Peas & Carrots Fruit Cup Milk	9 French Toast Syrup/Butter Turkey Sausage Tri Tater Applesauce Milk	10 Hot Ham & Cheese on Bun** Sweet Potato Waffle Fries Ketchup Broccoli Pineapple Milk	11 Chicken Tacos Salsa/Sour Cream Refried Beans Corn Pears Milk	12 Cheese Pizza Leafy Green Salad/Dressing Green Beans Orange Milk
15 Chicken Tenders French Fries Corn Pineapple Milk	16 Last Day of School Corn Dog Ketchup/Mustard Baby Carrots Ranch Dressing Orange Milk	17	18	19

All lunch meals are served with ½ pint fluid milk. The USDA is an Equal Opportunity Provider and Employer. Menu subject to change due to unavailability of product.

When you think of Chia seeds you probably think of the Chia pets – those little seeds are edible and great for you. One ounce of chia seeds contains 5 grams of alpha-linoleic acid. This is a type of omega-3 fatty acid and plays a major role in energy production and inflammation reduction. Chia seeds also contain antioxidants which help fight free radicals in your body. Fiber is also present in Chia seeds and helps to keep the digestive system healthy and can reduce cholesterol. Emerging research is also showing Chia seeds can help lower cholesterol, triglycerides and blood pressure.