

Elementary Menus May 2016

**St. Charles Parish
Public Schools**



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



Cinco de Mayo (May 5th) celebrates a great Mexican military victory in 1862.

Available Daily

With all meals:
Low Fat White Milk
Fat Free Flavored Milk

At Lunch:
Sandwich Choice

Monday, May 2

Breakfast

French Toast Sticks
Cereal Choice
Fruit or Juice Choice

Lunch

Chicken Tenders
Mashed Potatoes
Steamed Corn
Apple Wedges

Tuesday, May 3

Breakfast

Chicken Biscuit w/Jelly
Cereal Choice
Fruit or Juice Choice

Lunch

Shepherds Pie
Peas & Carrots
Wheat Roll
Tropical Mixed Fruit

Wednesday, May 4

Breakfast

St Charley Cinnamon Roll
Cereal Choice
Fruit or Juice Choice

Lunch

Turkey Sausage Gumbo
Steamed Rice
Potato Salad
Lettuce/Tomato Salad
Pineapple Tidbits

Thursday, May 5

Breakfast

Yogurt w/Graham Cracker
Cereal Choice
Fruit or Juice Choice

Lunch

Nachos
Chicken Taco Meat
Pinto Beans
Taco Salad Cup, Salsa
Sliced Peaches

Friday, May 6

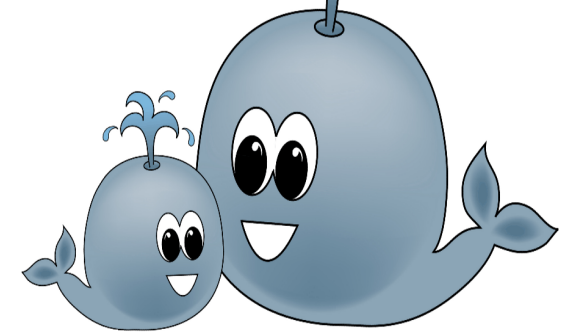
Breakfast

Eggstravaganza
Biscuit
Cereal Choice
Fruit or Juice Choice

Lunch

Chicken & Bacon Flatbread
Onion Rings
Buttered Carrots
Apple Wedges

Sunday, May 8



Happy Mother's Day!

Monday, May 9

Breakfast

Pancake/Sausage on a Stick
Cereal Choice
Fruit or Juice Choice

Lunch

Soft Chicken Taco
Pinto Beans, Salsa
Taco Salad Cup, Cheese
Strawberries w/Whipped
Topping

Tuesday, May 10

Breakfast

Sausage Biscuit
Cereal Choice
Fruit or Juice Choice

Lunch

Turkey Stew w/Rice
Buttered Carrots
Green Peas
Apple Wedges

Wednesday, May 11

Breakfast

St. Charley Cinnamon Roll
Cereal Choice
Fruit or Juice Choice

Lunch

Baked Chicken
Mashed Potatoes
Green Beans
Wheat Roll
Tropical Mixed Fruit

Thursday, May 12

Breakfast

Yogurt Parfait
Cereal Choice
Fruit or Juice Choice

Lunch

Pastalaya
Steamed Broccoli
Garden Salad w/Dressing
Garlic Bread
Orange Wedges

Friday, May 13

Breakfast

Ham & Egg Biscuit
Cereal Choice
Fruit or Juice Choice

Lunch

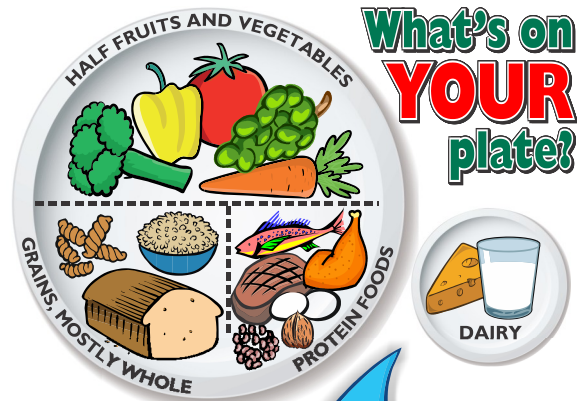
Hamburger/Cheeseburger
Potato Wedges
Sandwich Salad Cup
Fresh Fruit

NUTRITION TO GO

Pork is the most widely eaten meat in the world. Pork consumption in America peaked at 60 lbs per person annually in 1971, falling to about 46 lbs in 2014. Improved breeding and feeding techniques since the 80's have reduced the fat in pork, on average, by 31%, along with reductions in calories (14%) and cholesterol (10%).



A TASTY MORSEL FOR PARENTS



**What's on
YOUR
plate?**

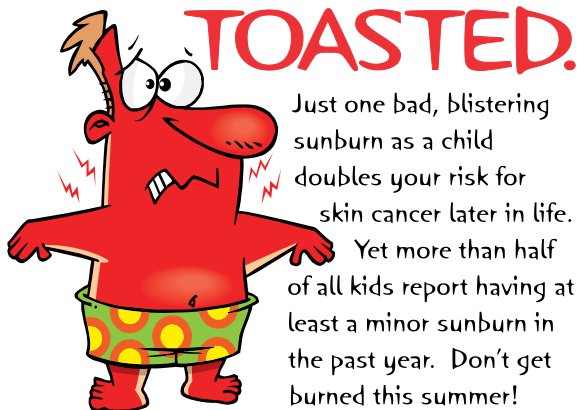
**Go
off
the
plate!**



Generally, the plate diagram above provides fantastic advice on how to fill your plate. But can you name one of the best things you can eat or drink that isn't even on the plate? Give up?

IT'S WATER! Kids should try to drink about 6 to 8 8-ounce servings of water a day. Try having water instead of soda or other high-calorie, low-nutrition drinks as often as possible!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html



Just one bad, blistering sunburn as a child doubles your risk for skin cancer later in life. Yet more than half of all kids report having at least a minor sunburn in the past year. Don't get burned this summer!

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

Monday, May 16

Breakfast

Chorizo Egg Frittata
Cereal Choice
Fruit or Juice Choice

Lunch

Chicken Tenders
Loaded Baked Potato Casserole
Baked Beans
Pineapple Tidbits w/Cherries

Tuesday, May 17

Breakfast

Sausage Biscuit w/Jelly
Cereal Choice
Fruit or Juice Choice

Lunch

Beef & Vegetable Soup
Grilled Cheese Sandwich
Fresh Veggies w/ Ranch Dip
Apple Slices

Wednesday, May 18

Breakfast

French Toast Sticks
Cereal Choice
Fruit or Juice Choice

Lunch

Fish Sticks
Potato Wedges
Tropical Mixed Fruit

Thursday, May 19

Breakfast

Ham & Egg Biscuit
Cereal Choice
Fruit or Juice Choice

Lunch

Chicken Breast Filet
Baby Carrots
Apple Wedges

Friday, May 20

Breakfast

Eggstravaganza
Biscuit
Cereal Choice
Fruit or Juice Choice

Lunch

Hamburger/Cheeseburger
Potato Wedges
Lettuce/Tomato/Pickle
Fruit Choice

Have a
GREAT SUMMER!

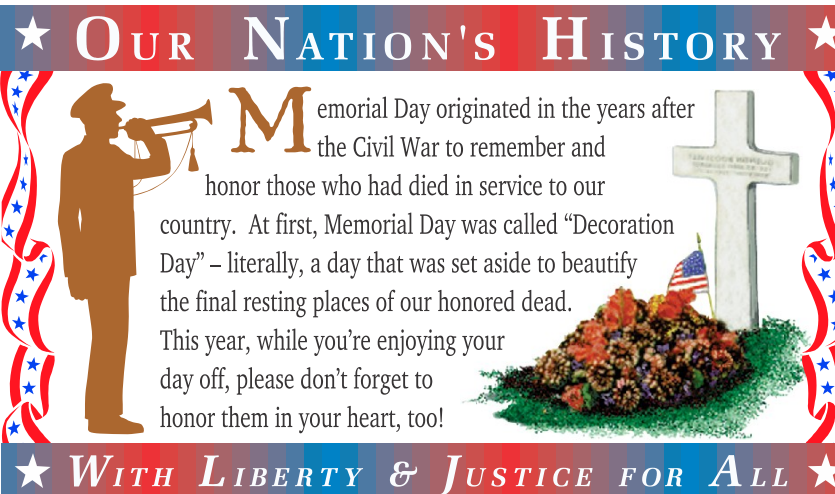
Thanks for eating with us this year.
We look forward to seeing you
when school starts up again!

**Where do all of our
crazy food names
and phrases
come from?**



**WORDS
OF
MOUTH**

**This month:
“Take it with a grain of salt”**



Has anyone ever told you to take something “with a grain of salt”? It means that you shouldn't necessarily believe what you're being told. The Latin words for “salt” and “wisdom” are the same, so some say that the phrase means “use your wisdom to decide if this is true.” But feel free to take this explanation (wait for it) with a grain of salt! Just one of those food-related sayings that so often “spice up” our language!

