



Monday

Tuesday

Wednesday

Thursday

Friday

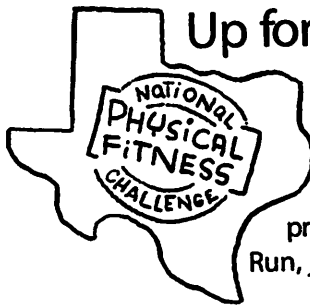
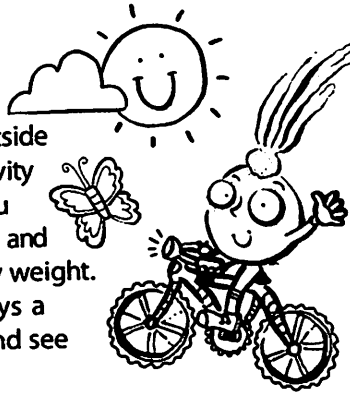
<p>3</p> <p><u>Honey Buns</u></p> <p>Pepperoni Pizza Ravioli Tossed Salad w/wo Dressing Max Stix Pineapple Tidbits</p>	<p>4</p> <p><u>Sausage Rolls</u></p> <p>Grilled Cheese Sandwiches Hot Dogs Chili Beans Diced Peaches Cookies</p>	<p>5</p> <p><u>Ham & Cheese Kolaches</u></p> <p>Chicken Rings Steak Fingers Mashed Potatoes w/wo Gravy Green Beans Rolls Applesauce</p>	<p>6</p> <p><u>Sausage & Biscuit</u></p> <p>Pepperoni Pizza Beef & Bean Burritos Tossed Salad w/wo Dressing Corn Fruit Mix Cookies</p>	<p>7</p> <p><u>Pancake Sausage On a Stick</u></p> <p>Hamburgers BBQ Sandwiches w/wo Sliced Cheese Burger Salad Cup Oven Roasted Fries Diced Pears</p>
<p>10</p> <p><u>Honey Buns</u></p> <p>Pepperoni Pizza Crunchy Beef Tacos Tossed Salad w/wo Dressing Pineapple Tidbits</p>	<p>11</p> <p><u>Sausage Rolls</u></p> <p>Pork Rib Sandwiches Chicken Sandwiches Sandwich Salad Cup Baked BBQ Chips Diced Peaches Cookies</p>	<p>12</p> <p><u>Ham & Cheese Kolaches</u></p> <p>PC Chicken Chicken Fried Steak Mashed Potatoes w/wo Gravy Green Beans Rolls Applesauce</p>	<p>13</p> <p><u>Sausage & Biscuit</u></p> <p>Pepperoni Pizza Chicken Fajitas Tossed Salad w/wo Dressing Fruit Mix Cookies</p>	<p>14</p> <p><u>Pancake Sausage On a Stick</u></p> <p>Hamburgers BBQ Sandwiches w/wo Sliced Cheese Burger Salad Cup Tater Tots Diced Pears</p>
<p>17</p> <p><u>Honey Buns</u></p> <p>Pepperoni Pizza Teriyaki Chicken Rice Tossed Salad w/wo Dressing Pineapple Tidbits</p>	<p>18</p> <p><u>Sausage Rolls</u></p> <p>Grilled Cheese Sandwiches Corn Dogs Baked Beans Diced Peaches Cookies</p>	<p>19</p> <p><u>Ham & Cheese Kolaches</u></p> <p>Chicken Rings Salisbury Steak Mashed Potatoes w/wo Gravy Green Beans Rolls Applesauce</p>	<p>20</p> <p><u>Sausage & Biscuit</u></p> <p>Pepperoni Pizza Beef & Cheese Nachos Tossed Salad w/wo Dressing Fruit Mix Cookies</p>	<p>21</p> <p><u>Pancake Sausage On a Stick</u></p> <p>Hamburgers BBQ Sandwiches w/wo Sliced Cheese Burger Salad Cup Oven Roasted Fries Diced Peaches</p>
<p>24</p> <p>Managers Choice</p>	<p>25</p> <p>Managers Choice</p>	<p>26</p> <p>Managers Choice</p>	<p>27</p> <p>Managers Choice</p>	<p>28</p>

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Springtime is here!

Springtime is here! Time to get outside and exercise. Regular physical activity makes your heart happy, keeps you flexible, strengthens your muscles and helps you maintain a healthy body weight. Exercise 30 minutes a day, five days a week — at school or at home — and see how good you feel!



Up for a challenge?

May is National Physical Fitness and Sports Month. This is a great time for Texans of all ages to set a fitness goal and keep track of their progress. What is your fitness goal? Run, jump or skip toward it starting today!

May is also Family Wellness Month. To improve the health of your family, do fun things together. Here are some ideas:

● Use MyPyramid to plan meals and snacks the whole family will love.



Let each family member choose a physical activity for everyone to enjoy.

● Record each family member's fitness goals in a notebook where everyone can track their progress.

● Can you think of other ways to get your family on the fast track to wellness?

Check Out the CAFETERIA BUZZ



Breakfast: (PK-12) Cereal, Toast, & variety of Juice & Milk offered daily

Lunch: (PK-5) Variety of Milk & Fresh Fruit offered daily

Lunch: (6-12) Sub Sandwiches, Baked Potatoes & variety of Salads, Fresh Fruit & Milk offered daily

May 7, 2010 is the last day students are allowed to charge.

Charges are due May 17, 2010.

Menus meet recommended dietary guidelines and may change due to product availability, customer satisfaction or other significant market changes.

Find out the amount of healthy food you need each day by getting your personal food guide pyramid at www.mypyramid.gov. Square Meals is the Texas Department of Agriculture's school nutrition education and outreach program, funded by the U.S. Department of Agriculture, Food and Nutrition Service. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write USDA, Director Office of Adjudication and Compliance, 1400 Independence Avenue, SW, Washington, DC, 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TDD). USDA is an equal opportunity provider and employer.

Crunch & Munch

Healthy Foods are Friends for Life

Hey, Munch. What's green and sings?

I have no idea.

Elvis Parsley!

THANK YOU VERY MUCH!

Ha! Did you know that parsley is the world's most popular herb?

I did not know that. It is! And did you know it contains three times as much vitamin C as oranges and twice as much iron as spinach?

No. But I do know another joke. What kind of nuts always seem to have a cold?

I don't know.

Cashews!