


May

revolution foods.

BREAKFAST K-12

Monday	Tuesday	Wednesday	Thursday	Friday
 <ul style="list-style-type: none"> • multigrain cheerios/zac attack strawberry • milk • orange juice available 	<ul style="list-style-type: none"> • french toast muffin • milk 	<ul style="list-style-type: none"> • cheerios/dipperdoodle bar • milk • pineapple juice available 	<ul style="list-style-type: none"> • blueberry burst bagel w/cream cheese • milk 	<p>SCHOOL LUNCH HERO DAY!</p> <ul style="list-style-type: none"> • cinnamon chev/zac attack apple • orange juice available • milk
<ul style="list-style-type: none"> • string cheese/cinnamon grahams • milk 	<p>NATIONAL TEACHER DAY!</p> <ul style="list-style-type: none"> • bagel w/cream cheese • milk 	<ul style="list-style-type: none"> • cinnamon crumbles • milk • pineapple juice available 	<ul style="list-style-type: none"> • blueberry burst bagel w/cream cheese • milk 	<ul style="list-style-type: none"> • french toast muffin • milk • orange juice available
<ul style="list-style-type: none"> • jumpstart breakfast: mini dipperdoodle w/string cheese • milk • orange juice available 	<ul style="list-style-type: none"> • french toast muffin • milk 	<ul style="list-style-type: none"> • blueberry burst bagel w/cream cheese • milk • pineapple juice available 	<ul style="list-style-type: none"> • blueberry muffin • milk 	<ul style="list-style-type: none"> • bagel w/cream cheese • milk • orange juice available
<p>MEMORIAL DAY</p>	<ul style="list-style-type: none"> • french toast muffin • milk 	<ul style="list-style-type: none"> • cheerios/mini dipperdoodle bar • milk • pineapple juice available 	<ul style="list-style-type: none"> • blueberry bagel w/cream cheese • milk 	<ul style="list-style-type: none"> • snow flurries cereal • milk • orange juice available
<p>NO SCHOOL</p>				

What's New?

You'll love the new breakfast versions of our popular Fiesta Scoops! Try these hearty breakfast scrambles in either classic Enchilada or zesty Ranchero flavors.



Look for them on the menu on **DATE!**

Breakfast: choice of 1% or fat-free milk; fresh fruit available daily except when fruit juice is offered three times per week.

This institution is an equal opportunity provider



May

LUNCH TENN K-12

revolution foods.

Monday

Tuesday

Wednesday

Thursday

Friday



Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> • baked mac & cheese bqa chicken ◦ steamed carrots 	<p>NATIONAL TEACHER DAY!</p> <ul style="list-style-type: none"> • pepper jack cheeseburger ◦ chili citrus corn 	<ul style="list-style-type: none"> • revolution hot dog (DF) ◦ baby carrots & edamame 	<ul style="list-style-type: none"> • chicken bites ◦ seasoned green beans w/ ranch 	<p>SCHOOL LUNCH HERO DAY!</p> <ul style="list-style-type: none"> • cheese pizza panada pie(VG) ◦ steamed corn
<ul style="list-style-type: none"> • popcorn chicken w/ bbq bean sauce ◦ steamed carrots 	<ul style="list-style-type: none"> • general tso chicken ◦ green peas 	<ul style="list-style-type: none"> • chicken potstickers w/ not-so-fried rice ◦ lettuce & tomatoes w/ ranch 	<ul style="list-style-type: none"> • buffalo chicken pizza ◦ tomatoes & black eyed peas 	<ul style="list-style-type: none"> • spicy chicken chorizo & cheese eggel sandwich ◦ seasoned green beans
<ul style="list-style-type: none"> • classic chicken parm pasta ◦ glazed carrots 	<ul style="list-style-type: none"> • buffalo chicken sandwich ◦ edamame & baby carrots 	<ul style="list-style-type: none"> • chicken marinara pasta ◦ lettuce & tomatoes w/ ranch 	<ul style="list-style-type: none"> • scoops w/ chicken & green chile cheese dip ◦ seasoned green beans 	<ul style="list-style-type: none"> • chicken bites ◦ steamed corn
<p>MEMORIAL DAY</p> <ul style="list-style-type: none"> • NO SCHOOL 	<ul style="list-style-type: none"> • FIELD TRIP 	<ul style="list-style-type: none"> • crispy chicken sandwich (DF) ◦ broccoli 	<ul style="list-style-type: none"> • pancakes w/ omelet (V) ◦ tomatoes & pinto beans 	
28	29	30	31	

Did you know?

This month, we're celebrating some of our favorite people - **school nutrition professionals** (May 4) and **teachers** (May 8)!



Don't forget to thank them and let them know how much you appreciate them – on this day, and year-round!

Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

◦ Vegetable of the day


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May

SNACK



Monday	Tuesday	Wednesday	Thursday	Friday
 <ul style="list-style-type: none"> goldfish "hot & spicy" cheddar crackers & fruit 	<ul style="list-style-type: none"> goldfish "colors" cheddar crackers & fruit 	<ul style="list-style-type: none"> honey wheat crackers & fruit 	<ul style="list-style-type: none"> sunflower seeds & fruit 	SCHOOL LUNCH HERO DAY!
7	1	2	3	4
<ul style="list-style-type: none"> goldfish "hot & spicy" cheddar crackers & fruit 	NATIONAL TEACHER DAY! <ul style="list-style-type: none"> ranch rumbles & fruit 	<ul style="list-style-type: none"> educational snacks & fruit 	<ul style="list-style-type: none"> goldfish "colors" cheddar crackers & fruit 	<ul style="list-style-type: none"> goldfish "colors" cheddar crackers & fruit
14	8	9	10	11
<ul style="list-style-type: none"> goldfish pretzels & fruit 	<ul style="list-style-type: none"> honey grahams & fruit 	<ul style="list-style-type: none"> goldfish "hot & spicy" cheddar crackers & fruit 	<ul style="list-style-type: none"> string cheese & fruit 	<ul style="list-style-type: none"> string cheese & fruit
21	15	16	17	18
<ul style="list-style-type: none"> ranch rumbles & fruit 	<ul style="list-style-type: none"> string cheese & fruit 	<ul style="list-style-type: none"> goldfish "colors" cheddar crackers & fruit 	<ul style="list-style-type: none"> educational snacks & fruit 	<ul style="list-style-type: none"> educational snacks & fruit
28	22	23	24	25
MEMORIAL DAY <ul style="list-style-type: none"> NO SCHOOL 	<ul style="list-style-type: none"> goldfish "colors" cheddar crackers & fruit 	<ul style="list-style-type: none"> honey wheat crackers & fruit 	<ul style="list-style-type: none"> sunflower seeds & fruit 	
	29	30	31	

Did you know?

National Teacher Day is Tuesday, May 8th!

Q: Why do we traditionally give apples to teachers?



A: Some say this started in Scandinavia back in the 1700s, when families couldn't afford to pay their teachers, they would send bushels of produce from their farms. This was said to be adopted in the U.S. during the Great Depression in the 1930's. Apples were the most popular produce to gift, since they grow easily in a variety of climates.

Snack: fresh fruit available daily except when sunbutter, string cheese, or juice is served.

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