

May

Opportunity Academy

revolution foods.

BREAKFAST K-12

Monday	Tuesday	Wednesday	Thursday	Friday
 <ul style="list-style-type: none"> french toast muffin <p style="text-align: right;">1</p>	<ul style="list-style-type: none"> banana muffin <p style="text-align: right;">2</p>	<ul style="list-style-type: none"> blueberry burst bagel w/cream cheese <p style="text-align: right;">3</p>	<p style="text-align: center;">SCHOOL LUNCH HERO DAY!</p> <ul style="list-style-type: none"> cinnamon chex/zac attack apple <p style="text-align: right;">4</p>	
<ul style="list-style-type: none"> multigrain cheerios/zac attack strawberry <p style="text-align: right;">7</p>	<p style="text-align: center;">NATIONAL TEACHER DAY!</p> <ul style="list-style-type: none"> bagel w/cream cheese <p style="text-align: right;">8</p>	<ul style="list-style-type: none"> cinnamon crumbles <p style="text-align: right;">9</p>	<ul style="list-style-type: none"> zac omega bar blackberry <p style="text-align: right;">10</p>	<ul style="list-style-type: none"> french toast muffin <p style="text-align: right;">11</p>
<ul style="list-style-type: none"> string cheese/cinnamon grahams <p style="text-align: right;">14</p>	<ul style="list-style-type: none"> lemon muffin <p style="text-align: right;">15</p>	<ul style="list-style-type: none"> bagel w/cream cheese <p style="text-align: right;">16</p>	<ul style="list-style-type: none"> yogurt w/granola <p style="text-align: right;">17</p>	<ul style="list-style-type: none"> snow flurries cereal <p style="text-align: right;">18</p>
<ul style="list-style-type: none"> cinnamon chex/zac attack apple <p style="text-align: right;">21</p>	<ul style="list-style-type: none"> french toast muffin <p style="text-align: right;">22</p>	<ul style="list-style-type: none"> honey buttons cereal <p style="text-align: right;">23</p>	<ul style="list-style-type: none"> blueberry muffin <p style="text-align: right;">24</p>	<ul style="list-style-type: none"> bagel w/cream cheese <p style="text-align: right;">25</p>
<p style="text-align: center;">MEMORIAL DAY</p>	<ul style="list-style-type: none"> french toast muffin <p style="text-align: right;">28</p>	<ul style="list-style-type: none"> banana muffin <p style="text-align: right;">29</p>	<ul style="list-style-type: none"> cocoa critters (DF) <p style="text-align: right;">30</p>	<p style="text-align: right;">31</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

Opportunity Academy

revolution foods.

LUNCH TENN K-12

Monday	Tuesday	Wednesday	Thursday	Friday
	<ul style="list-style-type: none"> cheesy pizza bites (VG) celery w/ ranch <p style="text-align: right;">1</p>	<ul style="list-style-type: none"> crispy chicken sandwich (DF) broccoli <p style="text-align: right;">2</p>	<ul style="list-style-type: none"> bfast for lunch: pancakes w/ omelet (VG) tomatoes & pinto beans <p style="text-align: right;">3</p>	<p style="text-align: center;">SCHOOL LUNCH HERO DAY!</p> <ul style="list-style-type: none"> cheese pizza panada pie(VG) steamed corn <p style="text-align: right;">4</p>
<ul style="list-style-type: none"> baked mac & cheese bbq chicken steamed carrots <p style="text-align: right;">7</p>	<p style="text-align: center;">NATIONAL TEACHER DAY!</p> <ul style="list-style-type: none"> pepper jack cheeseburger chili citrus corn <p style="text-align: right;">8</p>	<ul style="list-style-type: none"> revolution hot dog (DF) baby carrots & edamame <p style="text-align: right;">9</p>	<ul style="list-style-type: none"> chicken alfredo seasoned green beans w/ ranch <p style="text-align: right;">10</p>	<ul style="list-style-type: none"> pancakes w/ sausage braised greens <p style="text-align: right;">11</p>
<ul style="list-style-type: none"> beefy bean & cheese burrito steamed carrots <p style="text-align: right;">14</p>	<ul style="list-style-type: none"> cheese pizza (VG) green peas <p style="text-align: right;">15</p>	<ul style="list-style-type: none"> chicken potstickers w/ not-so-fried rice lettuce & tomatoes w/ ranch <p style="text-align: right;">16</p>	<ul style="list-style-type: none"> buffalo chicken pizza tomatoes & black eyed peas <p style="text-align: right;">17</p>	<ul style="list-style-type: none"> spicy chicken chorizo & cheese eggel sandwich seasoned green beans <p style="text-align: right;">18</p>
<ul style="list-style-type: none"> bean & cheese quesadilla (VG) glazed carrots <p style="text-align: right;">21</p>	<ul style="list-style-type: none"> cheese pizza (VG) edamame & baby carrots <p style="text-align: right;">22</p>	<ul style="list-style-type: none"> chicken taco trio lettuce & tomatoes w/ ranch <p style="text-align: right;">23</p>	<ul style="list-style-type: none"> buffalo chicken pizza seasoned green beans <p style="text-align: right;">24</p>	<ul style="list-style-type: none"> chicken bites steamed corn <p style="text-align: right;">25</p>
MEMORIAL DAY	<ul style="list-style-type: none"> cheesy pizza bites (VG) celery w/ ranch <p style="text-align: right;">28</p>	<ul style="list-style-type: none"> crispy chicken sandwich (DF) broccoli <p style="text-align: right;">30</p>	<ul style="list-style-type: none"> buffalo chicken crunchadilla tomatoes & pinto beans <p style="text-align: right;">31</p>	

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.

o Vegetable of the day


This institution is an equal opportunity provider

May

Opportunity Academy

revolution foods.

SNACK

Monday	Tuesday	Wednesday	Thursday	Friday
	<ul style="list-style-type: none"> goldfish "colors" cheddar crackers & fruit <p style="text-align: right;">1</p>	<ul style="list-style-type: none"> honey wheat crackers & fruit <p style="text-align: right;">2</p>	<ul style="list-style-type: none"> goldfish pretzels & fruit <p style="text-align: right;">3</p>	<p style="text-align: center;">SCHOOL LUNCH HERO DAY!</p> <p style="text-align: right;">4</p>
<ul style="list-style-type: none"> goldfish "hot & spicy" cheddar crackers & fruit <p style="text-align: right;">7</p>	<p style="text-align: center;">NATIONAL TEACHER DAY!</p> <ul style="list-style-type: none"> blazin' hots sunflower seeds & fruit <p style="text-align: right;">8</p>	<ul style="list-style-type: none"> educational snacks & fruit <p style="text-align: right;">9</p>	<ul style="list-style-type: none"> goldfish "colors" cheddar crackers & fruit <p style="text-align: right;">10</p>	<p style="text-align: right;">11</p>
<ul style="list-style-type: none"> goldfish pretzels & fruit <p style="text-align: right;">14</p>	<ul style="list-style-type: none"> honey grahams & fruit <p style="text-align: right;">15</p>	<ul style="list-style-type: none"> goldfish "hot & spicy" cheddar crackers & fruit <p style="text-align: right;">16</p>	<ul style="list-style-type: none"> cinnamon rumbles & fruit <p style="text-align: right;">17</p>	<p style="text-align: right;">18</p>
<ul style="list-style-type: none"> ranch rumbles & fruit <p style="text-align: right;">21</p>	<ul style="list-style-type: none"> honey wheat crackers & fruit <p style="text-align: right;">22</p>	<ul style="list-style-type: none"> goldfish "colors" cheddar crackers & fruit <p style="text-align: right;">23</p>	<ul style="list-style-type: none"> blazin' hots sunflower seeds & fruit <p style="text-align: right;">24</p>	<p style="text-align: right;">25</p>
<p>MEMORIAL DAY</p>	<ul style="list-style-type: none"> goldfish "colors" cheddar crackers & fruit <p style="text-align: right;">28</p>	<ul style="list-style-type: none"> rumbles cinnamon & fruit <p style="text-align: right;">29</p>	<ul style="list-style-type: none"> goldfish pretzels & fruit <p style="text-align: right;">30</p>	<p style="text-align: right;">31</p>

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.

This institution is an equal opportunity provider