

# MAY 2024

## SS Andrew Thomas School

# BREAKFAST



What washes up on tiny beaches?

"Microwaves"

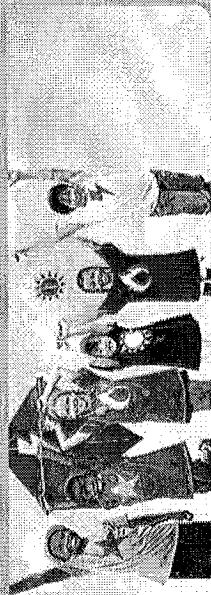


**Nutrition Tip:** Get started cooking more often at home: if you don't usually cook, start gradually. Make it a goal to cook once a week and work up to cooking more often.

Reference: USDA MyPlate



### MONDAY



Choice of Cereal  
Graham Crackers  
Yogurt  
Milk or Juice

6

Chocolate Oatmeal Bar  
Fruit  
Yogurt  
Milk or Juice

7

Waffles  
Fruit  
Yogurt  
Milk or Juice

13

Homemade Muffins  
Fruit  
Yogurt  
Milk or Juice

14

Choice of Cereal  
Pop tart  
Yogurt  
Milk or Juice

20

Bagels  
Fruit  
Yogurt  
Milk or Juice

21

### TUESDAY

Choice of Cereal  
Pop tart  
Yogurt  
Milk or Juice

1

French Toast Sticks  
Sausage Links  
Yogurt  
Milk or Juice

8

Scrambled Eggs  
Toast  
Yogurt  
Milk or Juice

15

Chocolate Oatmeal Bar  
Fruit  
Yogurt  
Milk or Juice

22

### WEDNESDAY

English Muffin  
w/ or w/o Egg &  
Cheese  
Fruit  
Yogurt  
Milk or Juice

2

Bagels  
Fruit  
Yogurt  
Milk or Juice

9

Choice of Cereal  
Peanut Butter Crackers  
Yogurt  
Milk or Juice

16

French Toast Sticks  
Sausage Links  
Yogurt  
Milk or Juice

23

### THURSDAY

Pancakes  
Sausage links  
Yogurt  
Milk or Juice

3

Choice of Cereal  
Nutri Grain Bar  
Yogurt  
Milk or Juice

10

Pancakes  
Sausage links  
Yogurt  
Milk or Juice

17

Choice of Cereal  
Nutri Grain Bar  
Yogurt  
Milk or Juice

24

### FRIDAY

**Memorial Day**

27

28

29

30

31

# MAY 2024

## SS Andrew Thomas School

### LUNCH



Why did the teddy bear skip dessert?

"Because she was stuffed!"



May is National Egg Month. Eggs can be eaten in a salad, as part of a breakfast sandwich, as an omelet, mixed into fried rice or simply boiled, fried or scrambled. How do you like to eat eggs?

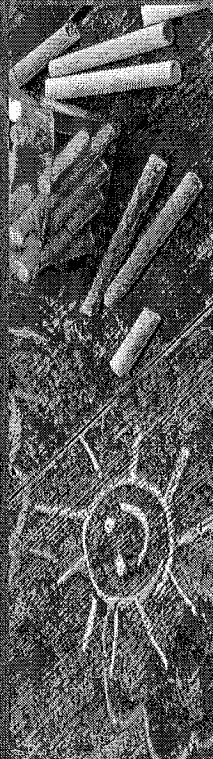
### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY



K F C Bowl

Popcorn Chicken

Mashed Potatoes  
w/Gravy, Corn

Mandarin Oranges Milk

6

Tacos

Lettuce Salad

Peaches

Milk

7

Meat Balls

Buttered Noodles

Peas

Pears

Milk

13

Goulash

Steamed Carrots

Mandarin Oranges

Milk

14

8

Spaghetti w/meat sauce

Garlic Bread

Green Beans

Mixed Fruit

Milk

8

Hamburger Stroganoff

Mixed Vegetables

Pineapple

Milk

9

Hot Dog on a Bun

Celery with PB

Brownies

Fruit

Milk

10

Ham Slice

Hash Brown Square

Broccoli w/Cheese

Pineapple

Milk

20

Cook's Choice

Vegetable

Fruit

Milk

21

Hot Ham and Cheese

Cauliflower w/Cheese

Peaches

Ice Cream

Milk

15

Super Nachos

Lettuce Salad

Mixed Fruit

Milk

16

Chicken Nuggets

Mashed Potatoes

Corn

Fruit

Milk

17

Memorial Day

School Picnic

Cook's Choice

Vegetable

Fruit

Milk

20

Cook's Choice

Vegetable

Fruit

Milk

21

Cook's Choice

Vegetable

Fruit

Milk

22

Cook's Choice

Vegetable

Fruit

Milk

23

Memorial Day

27

28

29

30

31