



# May

2021

## In Season Cherries

Cherries are known to contain certain chemicals that are very effective in relieving pain better than medicines like aspirin and ibuprofen.

Cherries are best paired with things like chives, dairy products, and meats.



### Monday

Garlic Cheese Bread Rippers  
Vegetables  
Fruit, Milk **3**

### Tuesday

Hamburger Tater Tots  
Vegetables  
Fruit, Milk **4**

### Wednesday

Chicken Strips Waffles  
Vegetables  
Fruit, Milk **5**

### Thursday

Cheese or Pepperoni Pizza  
Vegetables  
Fruit, Milk **6**

### Friday

Mini Cheese Calzones  
Marinara Cup  
Vegetables  
Fruit, Milk **7**

Turkey Ham & Cheese Bread Rippers  
Vegetables  
Fruit, Milk **10**

Chicken Burger Potato Wedges  
Vegetables  
Fruit, Milk **11**

Popcorn Chicken Muffin  
Vegetables  
Fruit, Milk **12**

Cheese or Pepperoni Pizza  
Vegetables  
Fruit, Milk **13**

Cheesy Breadsticks  
Marinara Cup  
Vegetables  
Fruit, Milk **14**

Pizza Bread Rippers  
Vegetables  
Fruit, Milk **17**

Chicken Nuggets Dinner Roll  
Vegetables  
Fruit, Milk **18**

Corndog Sun Chips  
Vegetables  
Fruit, Milk **19**

Cheese or Pepperoni Pizza  
Vegetables  
Fruit, Milk **20**

Ham and Cheese Croissant  
Vegetables  
Fruit, Milk **21**

Garlic Cheese Bread Rippers  
Vegetables  
Fruit, Milk **24**

Hamburger Tater Tots  
Vegetables  
Fruit, Milk **25**

Chicken Strips Waffles  
Vegetables  
Fruit, Milk **26**

Cheese or Pepperoni Pizza  
Vegetables  
Fruit, Milk **27**

Mini Cheese Calzones  
Marinara Cup  
Vegetables  
Fruit, Milk **28**

NO SCHOOL **31**  
MEMORIAL DAY

## Announcements

### Grab & Go Lunch Menu

Daily Milk Options:  
1% White Milk  
Nonfat Chocolate Milk

Please find additional information from the Food Services Department at:  
[Engage.rsd407.org/foodservice](http://Engage.rsd407.org/foodservice)

## Meal Prices

Breakfast and Lunch are FREE for all children age 18 and Under.