



Monday	Tuesday	Wednesday	Thursday	Friday
3 Breakfast Wrap Cheese Sticks or Lasagna Green Beans Garden Salad Chilled Fruit Breadstick Cold Milk	4 Kellogg's Jump Start Nacho Grande or Quesadilla Spanish Rice Seasoned Pinto Beans Southwest Chicken Soup Chilled Fruit Cold Milk	5 Breakfast Bun Fruit Plate with Yogurt or BBQ Sandwich Baked Beans Pickle Spears Clodhoppers Cold Milk	6 Cinnamon Waffle Tony's Pizza or Baked Potato Chicken Noodle Soup Cauliflower with Cheese Sauce Fresh fruit Cold Milk	7 Kolache Cheeseburger or Corn Dog Tater Tots Lettuce, Tomato and Pickles Chilled Fruit Cold Milk
10 Cinnamon Rolls Chicken Strips or Salisbury Steak Broccoli Rice Casserole Glazed Carrots Chilled Fruit Hot Roll Cold Milk	11 French Toast Frito Pie or Chilidog Texas Chili Seasoned Corn Baby Carrots w/ Dip Scooby Doo Snack Cold Milk	12 Muffin Tyson Chicken Nuggets Or Wedge O'Fish Macaroni and Cheese Green Beans Chilled fruit Hot Roll Cold Milk	13 Pancake/Sausage on a Stick Personal Pizza or Baked Potato Broccoli Cheese Soup California Vegetables Fresh Fruit Cold Milk	14 Kolache Cheeseburger or Corn Dog Tater Tots Lettuce, Tomato and Pickles Chilled Fruit Cold Milk
17 Breakfast Wrap Spaghetti or Grilled Chicken Salad Green Beans Garden Salad Chilled Fruit Breadstick Cold Milk	18 Kellogg's Jump Start Grilled Cheese or Steak Sandwich Vegetable Soup Luigi's Sherbert Cup Corn on the Cob Cold Milk	19 Breakfast Bun Fruit Plate with Yogurt or Corn Dog Baked Beans Minute Maid Juice Bar Cold Milk	20 Cinnamon Waffle Stuffed Crust Pizza or Baked Potato Chicken Noodle Soup Broccoli with Cheese Sauce Fresh apple Cold Milk	21 Kolache Soft Beef Taco or Quesadilla Charro Beans Spanish Rice Lettuce and Tomato Chilled Fruit Cold Milk
24 Cinnamon Rolls Chicken Drumstick or Country Steak Mashed Potatoes with Country Gravy Black Eyed Peas Chilled fruit Jalapeno Cornbread Cold Milk	25 French Toast Hoagie Box Lunch or Beef Tips and Rice Gumbo Soup Green Beans Chocolate Pudding Hot Roll Cold Milk	26 Muffin Tyson Chicken Nuggets or Grilled Chicken Salad Macaroni and Cheese Glazed Carrots Hot Roll Cold Milk	27 Pancake/Sausage on a Stick Tony's Pizza Wedge or Baked Potato Broccoli and Carrots with Dip Canadian Cheese Soup Fresh Fruit Cold Milk	28 Kolache Cheeseburger or Corn Dog Tater Tots Lettuce, Tomato and Pickles Chilled Fruit Cold Milk
31 Memorial Day	June 1 Kellogg's Jump Start Corn Dog Manager's Choice Baked Beans Corn on the Cob Cold Milk	2 Breakfast Bun Tyson Chicken Nuggets Manager's Choice Glazed carrots Chilled Fruit Hot Roll Cold Milk	3 Cinnamon Waffle Tony's Pizza Manager's Choice Broccoli with Cheese sauce Chilled Fruit Cold Milk	

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, D.C. 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

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



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, D.C. 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.



Crunch & Munch comics by Missi Jay.

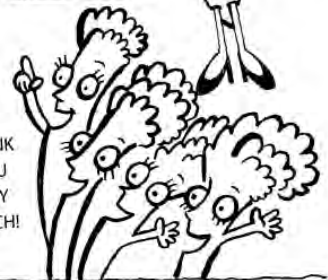
Hey, Munch. What's green and sings?

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!

