

Menus for May & June 2019

Columbia Central

Menus are subject to change.

CINCO de MAYO

Cinco de Mayo (Spanish for "May Fifth") is a time to celebrate Mexican-American food and culture in the U.S. It's a much bigger deal here than it is in Mexico!

Wednesday, May 1

Breakfast
Breakfast Pizza

Lunch
Ravioli
OR
Turkey Sub

Green Peas
Fruit
Milk

Thursday, May 2

Breakfast
Omelet W/ Bagel

Lunch
Hotdog on a Bun
OR
BBQ Chicken Sandwich

Sweet Potato Fries
Fruit
Milk

Friday, May 3

Breakfast
Cereal Bowl

Lunch
Chef's Choice

SAFETY FIRST.

Lightning can strike even if it's not raining and the skies around you are sunny! If you can hear thunder, you could be in danger, so always follow the rule, "If thunder roars, stay indoors" – and not under a tree!



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Monday, May 6

Breakfast
Cereal Bowl

Lunch
Chicken Patty
OR
Macaroni and Cheese

Smiley Fries
Fruit
Milk

Tuesday, May 7

Breakfast
Pancakes

Lunch
Taco Pie
OR
Fish Sandwich

Red Peppers
Fruit
Milk

Wednesday, May 8

Breakfast
Breakfast Pizza

Lunch
Spaghetti W/ Meat Sauce
OR
Ham Sub

Navy Beans
Fruit
Milk

Thursday, May 9

Breakfast
Cinnamon Rolls

Lunch
PIZZA DAY

Side Salad
Fruit
Milk

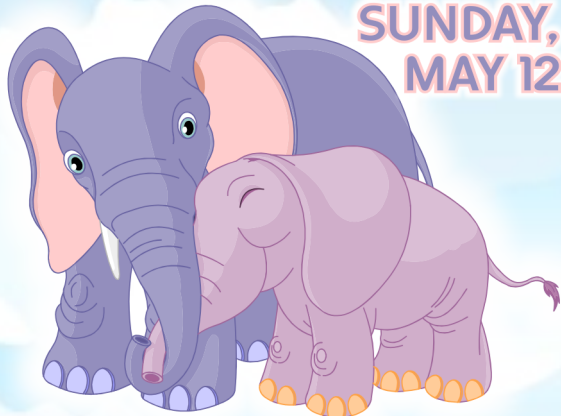
Friday, May 10

Breakfast
Cereal Bowl

Lunch
NO
LUNCH

SERVED

MOTHER'S DAY SUNDAY, MAY 12



Monday, May 13

Breakfast
Cereal Bowl

Lunch
Chef's Choice

Tuesday, May 14

Breakfast
Cereal Bowl

Lunch
Chef's Choice

Wednesday, May 15

Breakfast
Cereal Bowl

Lunch
Chef's Choice

Thursday, May 16

Breakfast
Cereal Bowl

Lunch
Chef's Choice

Friday, May 17

Breakfast
Cereal Bowl

Lunch
Chef's Choice

Monday, May 20

Breakfast

Cereal Bar

Lunch

Chef's Choice

Tuesday, May 21

Breakfast

Cereal Bowl

Lunch

Chef's Choice

Wednesday, May 22

Breakfast

Cereal Bar

Lunch

Chef's Choice

Thursday, May 23

Breakfast

Cereal Bowl

Lunch

Chef's Choice

Friday, May 24

Breakfast

Cereal Bar

Lunch

Chef's Choice



Q: Where do we get most of the tomatoes we eat?

A: The average American eats close to 30 pounds of tomatoes a year, and all of them started off on a vine somewhere! But less than half the tomatoes we eat are fresh. We get most of our tomatoes in processed forms – out of a bottle of ketchup, in pizza sauce, or as various kinds of canned tomatoes.



Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, May 27



Tuesday, May 28

Breakfast

Cereal Bowl

Lunch

Chef's Choice

Wednesday, May 29

Breakfast

Cereal Bar

Lunch

Chef's Choice

Thursday, May 30

Breakfast

Cereal Bowl

Lunch

Chef's Choice

Friday, May 31

Breakfast

Cereal Bar

Lunch

Chef's Choice

Monday, June 3

Breakfast

Cereal Bar

Lunch

Chef's Choice

Tuesday, June 4

Breakfast

Cereal Bowl

Lunch

Chef's Choice

