

Menus for May & June 2019

Steger Intermediate Center

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
Meatball Sub
OR
Ham Wrap

Sweet Potato Fries
Fruit
Milk

Thursday, May 2

Breakfast
Omelet W/ Bagel

Lunch
Ham and Cheese Panini
OR
Turkey Wrap

Green Peas
Juice
Milk

Friday, May 3

Breakfast
Cereal Bar

Lunch
Cheese Pizza
OR
Jammer

Turnip Greens
Fruit
Milk

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 Bar

Lunch
Chicken Patty
OR
Ham and Cheese Plate

Smiley Fries
Fruit
Milk

Tuesday, May 7

Breakfast
Pancakes

Lunch
Taco Pie
OR
Turkey Sandwich

Side Salad
Juice
Milk

Wednesday, May 8

Breakfast
Breakfast Pizza

Lunch
Mac N Cheese
OR
Chicken Ranch Wrap

Cauliflower
Fruit
Milk

Thursday, May 9

Breakfast
Cinnamon Rolls

Lunch
Grilled Cheese
OR
Turkey Wrap

Navy Beans
Juice
Milk

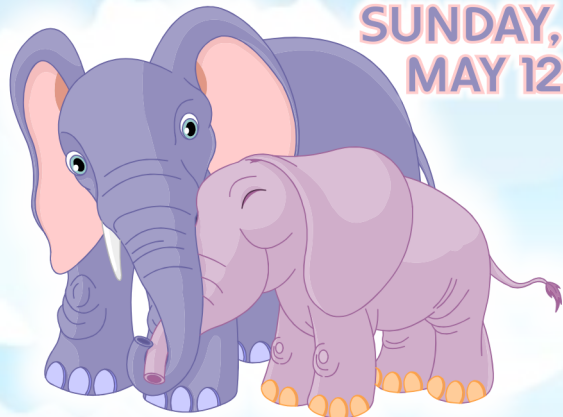
Friday, May 10

Breakfast
Cereal Bar

Lunch
NO
LUNCH

SERVED

MOTHER'S DAY SUNDAY, MAY 12



Monday, May 13

Breakfast
Cereal Bar

Lunch
Chicken Nuggets
OR
Ham and Cheese Sandwich

Red Beans
Fruit
Milk

Tuesday, May 14

Breakfast
Cereal Bar

Lunch
Cheese Quesadilla
OR
Turkey Roll-Up

Sliced Cucumbers
Juice
Milk

Wednesday, May 15

Breakfast
Breakfast Pizza

Lunch
Meatloaf
OR
Ham Wrap

Collard Greens
Fruit
Milk

Thursday, May 16

Breakfast
Cereal Bar

Lunch
Hotdog
OR
Turkey Wrap

Mashed Sweet Potatoes
Juice
Milk

Friday, May 17

Breakfast
Cereal Bar

Lunch
Cheese Pizza
OR
Jammer

Corn
Fruit
Milk

Monday, May 20

Breakfast

Cereal Bar

Lunch

Chicken Patty
OR
Ham and Cheese Plate

Hashbrown
Fruit
Milk

Tuesday, May 21

Breakfast

Cereal Bar

Lunch

Chicken Enchilada
OR
Turkey Sandwich

Black Beans
Juice
Milk

Wednesday, May 22

Breakfast

Cereal Bar

Lunch

Chicken Tenders
OR
Chicken Ranch Wrap

Spinach Salad
Fruit
Milk

Thursday, May 23

Breakfast

Cereal Bar

Lunch

Hamburger
OR
Turkey Wrap

Cabbage
Juice
Milk

Friday, May 24

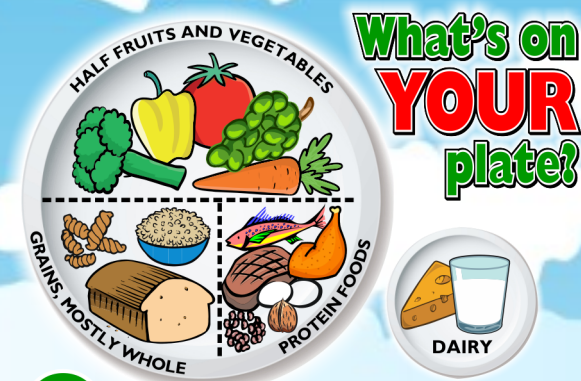
Breakfast

Cereal Bar

Lunch

Pepperoni Pizza
OR
Jammer

Carrots
Fruit
Milk



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 Bar

Lunch

Beef and Cheese Nacho
OR
Turkey Roll-Up

Green Beans
Fruit
Milk

Wednesday, May 29

Breakfast

Cereal Bar

Lunch

Calzone
OR
Ham Wrap

Mashed Potato
Fruit
Milk

Thursday, May 30

Breakfast

Cereal Bar

Lunch

Corn Dog
OR
Turkey Wrap

Refried Beans
Fruit
Milk

Friday, May 31

Breakfast

Cereal Bar

Lunch

Cheese Pizza
OR
Jammer

Squash
Fruit
Milk

Monday, June 3

Breakfast

Cereal Bar

Lunch

Hamburger
OR
Hotdog

Chips
Apple
Milk

Tuesday, June 4

Breakfast

Cereal Bar

Lunch

Bosco Sticks
OR
Turkey Sandwich

Corn
Fruit
Milk

