

Menus for **May 2019**

GREENEVILLE CITY SCHOOLS

The original value meal & still a fantastic deal!

Breakfast

Lunch

\$1.60

Elementary

\$1.60

Secondary

\$2.30

Elementary

\$2.60

Secondary

PRE-K

This institution is an equal opportunity provider.

Get in touch with us today to learn more

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!

Wed., May 1

Breakfast

Egg, Bacon, & Toast

Fruit & Milk

Lunch

Bacon

Cheeseburger
Smiley Potatoes

Baked Beans
Jello w/ Fruit
Milk

Thurs., May 2

Breakfast

Chicken Biscuit
Fruit & Milk

Lunch

Spaghetti w/ Texas
Toast

Green Beans
Salad
Fruit
Milk

Friday, May 3

Breakfast

Gravy & Biscuit w/
side of Steak
Fruit & Milk

Lunch

Turkey & Gravy
WG Roll
Broccoli
Tiny Whole Potatoes
Peach Crisp
Milk

Available Daily

Breakfast

Fruit and 100% Fruit Juice
Entrees 1. Cereal or Poptart
Or
2. Yogurt w/ Toast

Lunch

1. PB Sandwich w/ Turkey Stick
2. Cheese Sandwich w/ Turkey Stick

Monday, May 6

Breakfast

Pancakes w/ Steak
Fruit & Milk

Lunch

Chicken & Waffles
Hash Brown
Peas
Baked Apples
Milk

Tuesday, May 7

Breakfast

Egg & Cheese
Biscuit
Fruit & Milk

Lunch

Rib Patty on Bun
Smiley Potatoes
Glazed Carrots
Blueberries
Milk

Wed., May 8

Breakfast

Muffin or Frudel
Blueberry Parfait
Milk

Lunch

Pot Pie
Green Beans
Salad
Fruit
Milk

Thursday, May 9

Breakfast

French Toast w/
Bacon
Fruit & Milk

Lunch

Teriyaki Dippers
Corn
Rice
Jello w/ Mixed
Fruit
Milk

Friday, May 10

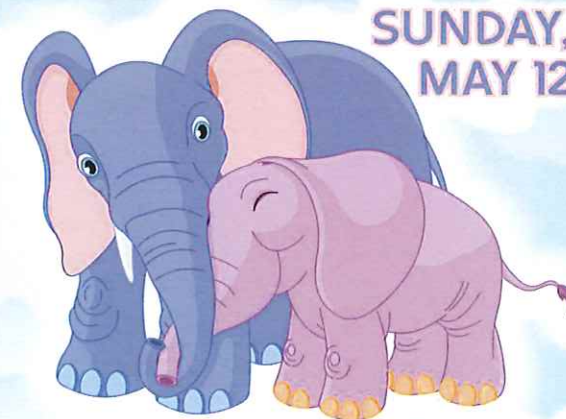
Breakfast

Gravy & Biscuit w/
side of Steak
Fruit & Milk

Lunch

Garlic Cheese
Pizza
Mashed Potatoes
Peas
Fruit
Milk

**MOTHER'S DAY
SUNDAY,
MAY 12**



NUTRITION TO GO

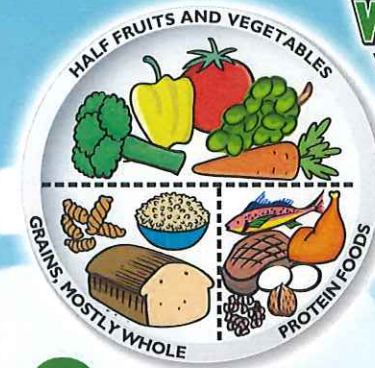
Some studies suggest that blueberries can improve brain functioning and protect against age-related mental decline. The high amount of "antioxidants" in blueberries may actually help the brain stay younger longer! Blueberry season runs from May to September.

A QUICK BITE FOR PARENTS



STRANGE BUT TRUE!

"HAPPY BIRTHDAY TO YOU" IS THE MOST RECOGNIZED SONG IN THE ENGLISH LANGUAGE. BUT AT FIRST IT **WASN'T EVEN A BIRTHDAY SONG**. IT WAS ORIGINALLY CALLED "GOOD MORNING TO ALL" AND WAS WRITTEN BY TWO KINDERGARTEN TEACHERS BECAUSE IT WAS EASY FOR LITTLE KIDS TO SING!



What's on **YOUR** plate?



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 13

Breakfast

Breakfast Pizza
Fruit & Milk

Lunch

Deli Turkey Sandwich
Baked Beans
Chips
Coleslaw
Blueberry Parfait
Milk

Tuesday, May 14

Breakfast

Pancakes & Bacon
Fruit & Milk

Lunch

Spaghetti w/ Texas Toast
French Fries
Salad
Mixed Fruit
Milk

Wednesday, May 15

Breakfast

Bacon & Egg Biscuit
Fruit & Milk

Lunch

Sliced Beef w/ Gravy
Mashed Potatoes
Green Beans
Fruit
Milk

Thursday, May 16

Breakfast

Blueberry Parfait w/ Muffin
Fruit & Milk

Lunch

PB&J
Carrots
Fruit
Milk

Friday, May 17

Breakfast

Gravy & Biscuit w/ side of Steak
Fruit & Milk

Lunch

Hamburger
French Fries
Baked Beans
Fruit
Milk

Monday, May 20

Breakfast

Pancakes
Fruit & Milk

Lunch

Pizza
Corn
Green Beans
Fruit
Milk

Tuesday, May 21

Breakfast

Pop Tart
Fruit & Milk

Lunch

PB&J
Veggie Cup
Fruit
Milk

Wednesday, May 22

Breakfast

Cereal
Fruit & Milk

Lunch

Cheese Sandwich
Baked Chips
Carrots
Fruit
Milk

