

Menus for **May 2019**

GREENEVILLE CITY SCHOOLS

6 - 8

The original value meal & still a fantastic deal!

Breakfast

Lunch

\$1.60

\$1.60

\$2.30

\$2.60

Elementary

Secondary

Elementary

Secondary

Get in touch with us today to learn more

This institution is an equal opportunity provider.

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
Teriyaki Dippers w/
WG Roll
Smiley Potatoes
Baked Beans
Jello w/ Fruit
Milk

Thurs., May 2

Breakfast

Chicken Biscuit
Fruit & Milk

Lunch

Spaghetti w/ Texas
Toast
BBQ on a Bun
Green Beans
Salad
Fruit
Milk

Friday, May 3

Breakfast

Gravy & Biscuit w/
side of Steak
Fruit & Milk

Lunch

Turkey & Gravy w/
WG Roll
Hamburger
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
Pepperoni Pizza
Hash Brown
Peas
Baked Apples
Milk

Tuesday, May 7

Breakfast

Egg & Cheese
Biscuit
Fruit & Milk

Lunch

Rib Patty on Bun
Corndog Nuggets
Smiley Potatoes
Glazed Carrots
Blueberries
Milk

Wed., May 8

Breakfast

Muffin or Frudel
Blueberry Parfait
Milk

Lunch

Pot Pie
Pizza
Green Beans
Salad
Fruit
Milk

Thursday, May 9

Breakfast

French Toast w/
Bacon
Fruit & Milk

Lunch

Teriyaki Dippers
Fajitas
Corn
Rice
Jello w/ Mixed
Fruit

Friday, May 10

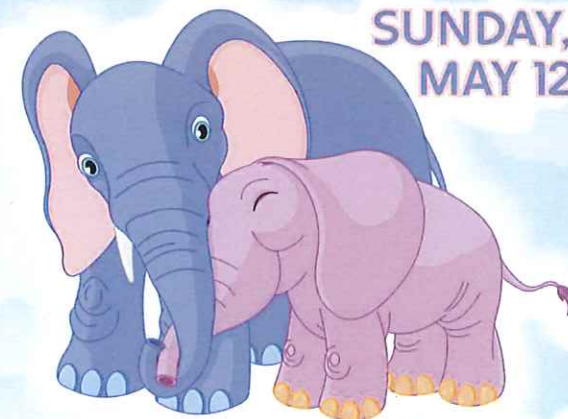
Breakfast

Gravy & Biscuit w/
side of Steak
Fruit & Milk

Lunch

Garlic Cheese
BBQ 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
Hot Dog
Baked Beans
Chips
Coleslaw
Blueberry Parfait
Milk

Tuesday, May 14

Breakfast

Pancakes & Bacon
Fruit & Milk

Lunch

Spaghetti w/ Texas Toast
Rib Patty on Bun
French Fries
Salad
Mixed Fruit
Milk

Wednesday, May 15

Breakfast

Bacon & Egg
Biscuit

Fruit & Milk

Lunch

Sliced Beef w/ Gravy
Hamburger
Mashed Potatoes
Green Beans
Fruit
Milk

Thursday, May 16

Breakfast

Blueberry Parfait
w/ Muffin

Fruit & Milk

Lunch



Friday, May 17

Breakfast

Gravy & Biscuit w/
side of Steak

Fruit & Milk

Lunch



Monday, May 20

Breakfast



Lunch



Tuesday, May 21

Breakfast



Lunch



Wednesday, May 22

Breakfast



Lunch



YOUR ASSIGNMENT

Have a GREAT summer!
We'll see you in a few months!

