

# MAY 2021

This institution is an equal opportunity provider. Menus are subject to change.

## Available Daily

1% White Milk

Chocolate Milk



Your name is so big on this page because your influence is so big in our lives and your place is so big in our hearts. **Mother's Day \* Sunday, May 9**

this month:

# sushi



There are some foods that most kids don't like, but many adults do. Why? It's a mystery! Take sushi – if you dare. Kids will sometimes eat California rolls or other types of sushi that don't contain raw fish. But that's the thing about real sushi: it contains raw fish! That's something that takes some getting used to.

But maybe some day you'll see that in its pure form – some simple combination of raw fish, rice, and vegetable – sushi is nutritious, delicious – and even artistic!



Monday, May 3	Tuesday, May 4	Wednesday, May 5	Thursday, May 6	Monday, May 10	Tuesday, May 11	Wednesday, May 12	Thursday, May 13
<p><b>Breakfast</b></p> <p>PB&amp;J Juice</p> <p><b>Lunch</b></p> <p>Chicken Fajitas Corn Fruit</p>	<p><b>Breakfast</b></p> <p>Churro Sausage fruit</p> <p><b>Lunch</b></p> <p>Cheese Burgers French Fries Fruit</p>	<p><b>Breakfast</b></p> <p>Go-Gurt Graham Crackers Juice</p> <p><b>Lunch</b></p> <p>Lasagna Green Beans Fruit Bread Stick</p>	<p><b>Breakfast</b></p> <p>Cereal Fruit</p> <p><b>Lunch</b></p> <p>Chicken Quesadilla Peas &amp; Carrots Fruit</p>	<p><b>Breakfast</b></p> <p>Muffins Juice</p> <p><b>Lunch</b></p> <p>Beef Taco Mexicali Corn Fruit Cookie</p>	<p><b>Breakfast</b></p> <p>Breakfast Pizza Fruit</p> <p><b>Lunch</b></p> <p>Chicken Enchilada Broccoli Fruit</p>	<p><b>Breakfast</b></p> <p>Bagel &amp; Cream Cheese Juice</p> <p><b>Lunch</b></p> <p>Pork Pita Pocket Carrots &amp; Celery Fruit</p>	<p><b>Breakfast</b></p> <p>Cereal Fruit</p> <p><b>Lunch</b></p> <p>Pizza Salad Fruit</p>

# STRANGE

## BUT TRUE!

THE HAWAIIAN ISLANDS ARE ACTUALLY THE EXPOSED TOPS OF THE **WORLD'S HIGHEST MOUNTAINS**. THE TALLEST, MAUNA KEA, MEASURES NEARLY 14,000 FEET ABOVE SEA LEVEL, BUT FROM ITS BASE TO ITS PEAK IT TOWERS 33,000 FEET -- **4,000 FEET HIGHER THAN MT. EVEREST!**

### MAUNA KEA

SEA LEVEL

KAUAI

OAHU

MOLOKAI

MAUI

HAWAII

What's on **YOUR** plate?



**Q:**

In ancient Egypt, which vegetable did people place their hand on when they swore an oath?



**A:** This is one from the time of the pyramids! Ancient Egyptians swore on an onion, because they believed the onion's round shape represented eternity and truth.

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kidstay\\_healthy/food/pyramid.html](http://kidshealth.org/kidstay_healthy/food/pyramid.html)

Monday, May 17	Tuesday, May 18	Wednesday, May 19	Thursday, May 20	Friday, May 21
<b>Breakfast</b> Breakfast Bar Juice	<b>Breakfast</b> Cooks Choice	<b>Breakfast</b> Cooks Choice	<b>Breakfast</b> Cooks Choice	<b>Breakfast</b> Cooks Choice
<b>Lunch</b> Frito Pie Peas Fruit	<b>Lunch</b> Cooks Choice	<b>Lunch</b> Cooks Choice	<b>Lunch</b> Cooks Choice	<b>Lunch</b> Cooks Choice

# 1 AND ONLY!

Only one creature can claim to have both the longest neck AND the longest tail of any land animal - the giraffe. Its neck can grow to 7 feet long and its tail up to 8 feet long!



*"Two roads diverged in a wood, and I - I took the one less traveled by, And that has made all the difference."*  
- Robert Frost

Get outside. Keep your eyes open. And enjoy!

We look forward to serving you again next year!

