



**Go off the plate!**

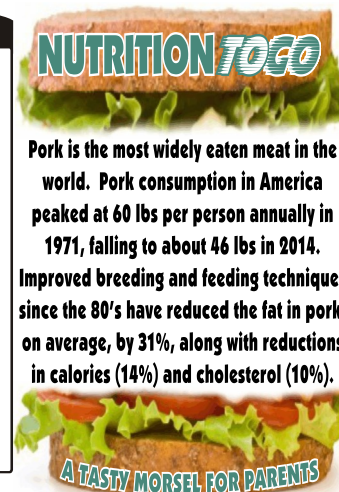


Generally, the plate diagram above provides fantastic advice on how to fill your plate. But can you name one of the best things you can eat or drink that isn't even on the plate? Give up? **IT'S WATER!** Kids should try to drink about 6 to 8 8-ounce servings of water a day. Try having water instead of soda or other high-calorie, low-nutrition drinks as often as possible!

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

<p><b>Monday, May 20</b></p> <p><b>Breakfast</b></p> <p>Breakfast in a Bag Milk</p> <p><b>Lunch</b></p> <p>Chicken Nuggets Mashed Potatoe's W/ Gravy Bread Fresh Fruit Milk Condiments</p>	<p><b>Tuesday, May 21</b></p> <p><b>Breakfast</b></p> <p>Breakfast in a Bag Milk</p> <p><b>Lunch</b></p> <p>Turkey Sandwich Fresh Mixed Veggie W/ Dip Fresh Fruit Milk Mayo-Mustard- Ketchup</p>	<p><b>Wednesday, May 22</b></p> <p><b>Breakfast</b></p> <p>Breakfast in a Bag Milk</p> <p><b>Lunch</b></p> <p>Fiestada Pizza Fresh Romaine Salad W/ Dressing Chilled Apple Sauce Milk</p>	<p><b>Thursday, May 23</b></p> <p><b>Breakfast</b></p> <p>Breakfast in a Bag Milk</p> <p><b>Lunch</b></p> <p>Hamburger w/Bun Seasoned Cooked Carrots Fruit Cocktail Ice Cream Treat Milk Ketchup-Mustard</p>	<p><b>Friday, May 24</b></p> <p><b>Breakfast</b></p> <p>Breakfast in a Bag Milk</p> <p><b>Lunch</b></p> <p>Chicken Fajita W/ Cheese &amp; Shredded Lettuce Refried Beans Fresh Fruit Milk</p>
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<p><b>Tuesday, May 28</b></p> <p><b>Breakfast</b></p> <p>Breakfast in a Bag Milk</p> <p><b>Lunch</b></p> <p>C-Ravioli Cooked Carrots L-Biscuits and Gravy - Sausage Veggie Sidekick W-Asian Chicken W/ Noodles Cooked Carrots JR High- Biscuits and Gravy - Sausage Veggie Sidekick Chilled Peaches Milk</p>	<p><b>Wednesday, May 29</b></p> <p><b>Breakfast</b></p> <p>Breakfast in a Bag Milk</p> <p><b>Lunch</b></p> <p>Jr High- Chicken Baked Beans W- McRib on Bun W/ Baked Beans C/L- Nachos Refried Beans w/ cheese and salsa Cooks Choice Fruit Milk</p>	<p><b>Thursday, May 30</b></p> <p><b>Breakfast</b></p> <p>Breakfast in a Bag Milk</p> <p><b>Lunch</b></p> <p>Chicken Salad W/ Bun Cooks Choice Veggie Cooks Choice Fruit Milk</p>	<p><b>Friday, May 31</b></p> <p><b>Breakfast</b></p> <p>Breakfast in a Bag Milk</p> <p><b>Lunch</b></p> <p>Ham Sandwich Cooks Choice Veggie Cooks Choice Fruit Milk</p>
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Have a  
**GREAT SUMMER!**

Thanks for eating with us this year. We look forward to seeing you when school starts up again!