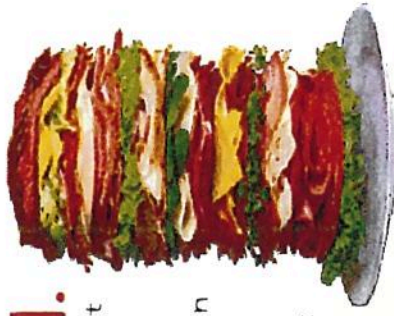


# Menus for May 2018 Rogersville City School Cafeteria

This institution is an equal opportunity provider.

## MODERATION.

We've been telling you all about the new MyPlate graphic and filling your plate with fruits and veggies, healthy grains, and lean protein. But don't forget – the SIZE of the plate and the AMOUNT of food you put on it matters, too. Enjoy what you eat, but don't overdo it.



**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.  
WELLNESS IS A WAY OF LIFE!**

### Monday, May 7

#### BREAKFAST

Muffin

#### Lunch

Crispy Chicken Sandwich  
Pizza

PBJ/Yogurt

#### Sides

Broccoli and Cheese  
Marinara Sauce  
Golden Corn  
Mandarin Oranges

### Tuesday, May 8th

#### BREAKFAST

Egg and Cheese Omelet

#### Lunch

Fish Nuggets  
Chicken Tenders

PBJ/Yogurt

#### Sides

Cole Slaw  
Hush Puppies  
Tater Tots  
Choice of 100% Fruit Juice

### Wednesday, May 9th

#### BREAKFAST

French Toast Sticks

#### Lunch

Combo Sub  
Popcorn Chicken

PBJ/Yogurt

#### Sides

Mashed Potatoes  
Veggie Cup  
Peaches

### Thursday, May 10th

#### BREAKFAST

Sausage Biscuit

#### Lunch

Cheese Burger  
Pepperoni Pizza

PBJ/Yogurt

#### Sides

Baked Beans  
Tater Tots  
Apple Sauce  
Or 100% Fruit Juice

### Friday, May 11th

#### BREAKFAST

Biscuit with Southern Gravy

#### Lunch

Chicken Tenders  
Spaghetti/Meat Sauce

PBJ/Yogurt

#### Sides

Texas Toast  
Fresh Garden Salad  
Tiny Taters  
Fresh Fruit

### Friday, May 18th

#### BREAKFAST

Mini Pancakes

#### Lunch

100% Beef Hamburger  
PBJ/Yogurt

#### Or Breakfast for Lunch

Scrambled Eggs  
Sausage

#### Sides

Southern Gravy and Biscuit  
Fresh Sandwich Fixins  
Tater Tots  
Veggie Cups  
Fresh Fruit

### Monday, May 14th

#### BREAKFAST

Sausage Biscuit

#### Lunch

Pepperoni Pizza  
Crispy Chicken Sandwich

PBJ/Yogurt

#### Sides

French Fries  
Baked Beans  
Mandarin Oranges  
Or 100% Fruit Juice

### Tuesday, May 15th

#### BREAKFAST

Southern Biscuit and Gravy

#### Lunch

Turkey Sub  
Popcorn Chicken

PBJ/Yogurt

#### Sides

California Blend  
Green Beans  
Peaches

### Wednesday, May 16th

#### BREAKFAST

French Toast Sticks

#### Lunch

Pizza  
Crispy Chicken Tenders

PBJ/Yogurt

#### Sides

Fresh Garden Salad  
Mashed Potatoes  
Pineapple Tidbits or  
Fresh Fruit

### Thursday, May 17th

#### BREAKFAST

Breakfast Pizza

#### Lunch

Soup Beans and Corn Bread  
Chili Hot Dog

PBJ/Yogurt

#### Sides

Seasoned Greens  
Homemade Coleslaw  
Chilled Applesauce

### Friday, May 18th

#### BREAKFAST

Mini Pancakes

#### Lunch

100% Beef Hamburger  
PBJ/Yogurt

#### Or Breakfast for Lunch

Scrambled Eggs  
Sausage

#### Sides

Southern Gravy and Biscuit  
Fresh Sandwich Fixins  
Tater Tots  
Veggie Cups  
Fresh Fruit

# We're still a bargain!

**Breakfast Lunch**

# \$1.50 \$2.45

Get in touch with us today to learn more about free and reduced-price meals in our district:  
[wagoner@rchool.net](mailto:wagoner@rchool.net) 423-272-7651

# Convenient. Economical. Healthy.

**School Meals**  
We serve education every day™



# DRAMMID PYRAMID

Exploring the Secrets of the Food Guide Pyramid

3-5  
2-4

vegetables fruit servings

## Fruit or Veggie?

Place a "V" in the space next to the vegetables in this list of foods, and an "F" next to the fruits.

When you're finished, hold your menu upside down and look at it in a mirror for the answer!



- Yellow Pepper \_\_\_\_\_
- Cucumber \_\_\_\_\_
- Pumpkin \_\_\_\_\_
- Tomato \_\_\_\_\_
- Avocado \_\_\_\_\_
- Olive \_\_\_\_\_
- Zucchini \_\_\_\_\_



When you're finished, hold your menu upside down and look at it in a mirror for the answer!



**Friday, May 25**

**BREAKFAST**  
Southern Biscuit and Gravy

**Lunch**  
Breaded Chicken Sandwich  
Bacon Cheese Burger  
PBJ/Yogurt

**Sides**  
French Fries  
Sandwich Fixins  
Glazed Carrots  
Chilled Pears or

**Thursday, May 24**

**BREAKFAST**  
Mini Waffles

**Lunch**  
Corn Dog Nuggets  
Taco Salad  
PBJ/Yogurt

**Sides**  
Pinto Beans  
Lettuce/Tomato  
Tater Tots  
Salsa

**Wed., May 23**

**BREAKFAST**  
Sausage Biscuit

**Lunch**  
Popcorn Chicken  
Pork BBQ on a Bun  
PBJ/Yogurt

**Sides**  
Cole Slaw  
Baked Beans  
Chilled Applesauce

**Tuesday, May 22**

**BREAKFAST**  
Steak Biscuit

**Lunch**  
Cheese Bread Stix/Dip  
Hamburger  
PBJ/Yogurt

**Sides**  
French Fries  
Sandwich Fixins  
Broccoli with Cheese  
Pineapple Tidbits or

**Monday, May 21**

**BREAKFAST**  
Muffin

**Lunch**  
Pizza  
Chicken Tenders  
PBJ/Yogurt

**Sides**  
Seasoned Green Beans  
Golden Corn  
Apple Sauce  
Or 100% Fruit Juice

**Friday, June 1**

**HAVE A Great Summer**

**Thursday, May 31**

**LAST DAY OF SCHOOL**

**ABBREVIATED DAY**

No Lunch Served

**Wed., May 30**

**TEACHER INSERVICE NO STUDENTS**

**Tuesday, May 29**

**BREAKFAST**  
Southern Biscuit and Gravy

**Lunch**  
Turkey Sub  
Popcorn Chicken  
PBJ/Yogurt

**Sides**  
Vege Cup  
French Fries  
Chips  
Fruit

**Monday, May 28**

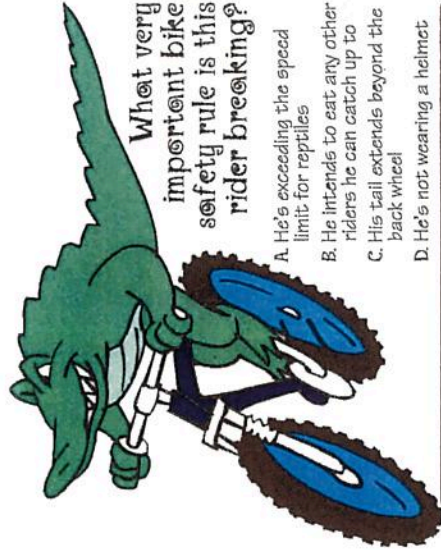
**Memorial Day**

**NO SCHOOL**

"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!**



What very important bike safety rule is this rider breaking?

- A. He's exceeding the speed limit for reptiles
- B. He intends to eat any other riders he can catch up to
- C. His tail extends beyond the back wheel
- D. He's not wearing a helmet

### SUMMER SAFETY QUIZ