



Menus for  
**May**  
2017

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

### 90 MINUTE RULE.

A hot shower before bed helps you sleep better. But there's a catch: make sure to shower ninety minutes before you plan to hit the hay. That way your body will have time to cool down and you'll be primed for the excellent, restful sleep we all need for good health!



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

Where do all of our crazy food names and phrases come from?



**WORDS OF MOUTH**

**This month: "Selling like Hot Cakes"**

*Thanks, Mom!*



*Happy Mother's Day  
Sunday, May 14*



**W**hen a product is in great demand, we say it's "selling like hot cakes." The phrase probably stems from the days when hot cakes (also called pancakes or flapjacks) were so popular at events like county fairs and church socials that the cooks couldn't make them fast enough to satisfy everyone!

**Coffee High School, Coffee Middle School, Freshman Campus, Career Academy**

**Please Check with your Cafeteria Manager for Menu's**