



# Menus for May 2017

**Phenix City Schools  
Middle 6-8  
Lunch \$2.75**

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?



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

**Monday, May 1**

**Breakfast**  
Ham & Cheese Biscuit  
Cereal & Toast  
Pineapple Tidbits  
Grab-N-Go Breakfast

**Lunch**  
Chicken & Waffles or  
Salisbury Steak w/Dinner  
Roll, Rice Pilaf  
Mashed Potatoes & Gravy  
Mixed Veggies  
Peaches & Cream  
Variety of Milk

**Tuesday, May 2**

**Breakfast**  
Variety of Yogurt  
Cereal & Toast  
Fruit Cocktail  
Grab-N-Go Breakfast  
**Fiesta Tuesday!!**  
Soft Taco, Nachos  
or Chicken Fajita  
w/ Mexicali Rice  
w/Salsa Bar  
Mexicali Corn  
Refried Beans  
Variety of Milk

**Wednesday, May 3**

**Breakfast**  
Grits & Toast, Trix Bar  
Scrambled Eggs  
Cereal & Toast  
Variety Fruit, Grab-N-Go

**Lunch**  
Chicken Gumbo over Rice  
Cornbread  
Steamed Green Beans  
California Vegetables  
Variety of Fruit  
Variety of Milk

**Thursday, May 4**

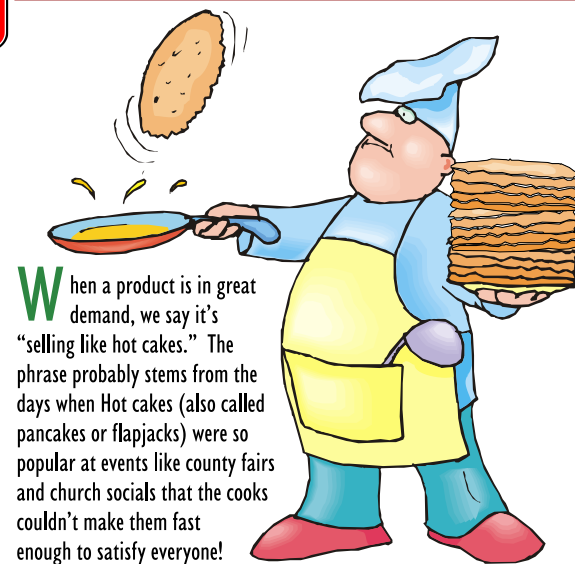
**Breakfast**  
Corn Dog Pups  
Cereal & Toast  
Baked Apples  
Grab-N-Go Breakfast

**Lunch**  
BBQ Chicken & Mac & Cheese  
Dinner Roll  
Vegetable Variety  
Sweet Potato  
Fruit Cocktail  
Variety of Milk

**Friday, May 5**

**Breakfast**  
Cheese Toast  
Cereal & Toast  
Sliced Peaches  
Grab-N-Go Breakfast

**Lunch**  
Pepperoni or Cheese Pizza Or  
Ham Chef Salad w/Breadstick  
Sweet Green Peas  
Carrots & Ranch  
Chilled Pears  
Variety of Milk



**Monday, May 8**

**Breakfast**  
Cinnamon Roll  
Cereal & Toast  
Chilled Peaches  
Grab-N-Go Breakfast

**Lunch**  
Cheeseburger or Chili Dog  
w/Lettuce & Tomato  
Sweet Potato Fries  
Baked Beans  
Fruit Cocktail  
Variety of Milk

**Tuesday, May 9**

**Breakfast**  
Mini Pancakes  
Cereal & Toast  
Strawberry Cup  
Grab-N-Go Breakfast

**Lunch**  
**Turkey & Chs Wrap  
Grab & Go**  
Or Chicken Pot Pie, Roll  
Carrot Sticks & Ranch  
Broccoli, Fresh Fruit  
Chocolate Chip Cookie  
Variety of Milk

**Wednesday, May 10**

**Breakfast**  
Egg & Cheese Omelet  
Cereal & Toast  
Chilled Applesauce  
Grab-N-Go Breakfast

**Lunch**  
Beefy Mac & Garlic Bread  
Or Crispy Chicken Patty  
Steamed Sweet Peas  
Garden Salad  
**Cherry Blue Rasp  
Fruit Sorbet!!!**  
Variety of Milk

**Thursday, May 11**

**Breakfast**  
Sausage Biscuit  
Cereal & Toast  
Fruit Cocktail  
Grab-N-Go Breakfast

**Lunch**  
Chicken Tenders  
or Country Steak & Gravy,  
Dinner Roll  
Mashed Potatoes & Gravy  
Glazed Carrots  
Chilled Pears  
Variety of Milk

**Friday, May 12**

**Breakfast**  
Waffle Sticks & Sausage  
Cereal & Toast  
Chilled Pears  
Grab-N-Go Breakfast

**Lunch**  
Pepperoni or Cheese Pizza Or  
Fajita Chicken Salad w/  
Breadstick  
Green Beans  
Steamed Corn  
Chilled Peaches  
Variety of Milk

## Thanks, Mom!



**Happy Mother's Day  
Sunday, May 14**

Monday, May 15

**Breakfast**

Ham & Cheese Biscuit  
Cereal & Toast  
Pineapple Tidbits  
Grab-N-Go Breakfast

**Lunch**

Chicken Nuggets w/Sauce  
Or Salisbury Steak, Rice  
Pilaf, Dinner Roll  
Mashed Potatoes & Gravy  
Steamed Broccoli  
Fruit Cocktail  
Variety of Milk

Tuesday, May 16

**Breakfast**

Variety of Yogurt  
Cereal & Toast  
Fruit Cocktail  
Grab-N-Go Breakfast

**Piñata Fun Day!!**

Soft Taco, Nachos  
or Chicken Fajita  
w/ Mexicali Rice  
w/Salsa Bar  
Mexicali Corn  
Refried Beans

Wednesday, May 17

**Breakfast**

Cinnamon Oatmeal  
Cereal & Toast  
Raisins  
Grab-N-Go Breakfast

**Lunch**

Chicken Gumbo over Rice  
Cornbread  
Steamed Green Beans  
California Vegetables  
Variety of Fruit  
Variety of Milk

Thursday, May 18

**Breakfast**

Conrdog Pups  
Trix Bar, Cereal & Toast  
Chilled Peaches  
Grab-N-Go Breakfast

**Lunch**

Oven Fried Chicken  
Cornbread  
Turnip Greens  
Sweet Potatoes  
Chilled Pears  
Variety of Milk

Friday, May 19

**Breakfast**

French Toast & Sausage  
Cereal & Toast  
Applesauce  
Grab-N-Go Breakfast

**Lunch**

Pepperoni or Cheese Pizza Or  
Grilled Chicken Salad w/  
Breadstick  
Steamed Carrots  
Steamed Green Beans  
Chilled Applesauce  
Variety of Milk



**Always try to score 100%!**



The healthiest – and tastiest! – bread you can eat is the kind that says "100% whole wheat." Check out a loaf of the bread you usually eat. Does it say "100%" on the front label? Is "whole wheat flour" the first ingredient listed? Does the "Nutrition Facts" label say that the bread has at least 2 grams of fiber per slice? If you answered yes to all 3 questions, congratulations – you score 100%! If you didn't answer yes to all three, give 100% whole wheat bread a try!

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)

Monday, May 22

Today's Special  
**Kids' Choice**



Selections to be determined

Tuesday, May 23

Today's Special  
**Kids' Choice**



Selections to be determined

Wednesday, May 24

Today's Special  
**Kids' Choice**



Selections to be determined




Monday, May 29



**OUR NATION'S HISTORY**

The American poet and journalist Walt Whitman, one of our country's most original and most acclaimed writers, was born on May 31, 1819 on Long Island in New York State. He began work on his masterpiece, a collection of poems entitled *Leaves of Grass*, before 1850 and continually revised and added to the book until his death in 1892. He is considered the first truly American poet, and is particularly remembered for poems like "Song of Myself" and "Oh Captain, My Captain!," which he wrote upon the assassination of President Abraham Lincoln. Whitman also volunteered in Army hospitals during the American Civil War, helping to care for wounded soldiers.



**WITH LIBERTY & JUSTICE FOR ALL**

**Available Daily**

**Breakfast:**  
**Assorted Cereal, Yogurt,**  
**Muffins, Cheese Stick,**  
**Toast, 100% Juice**  
**Assorted Milk**