



May 2009

New Branches School

MONDAY

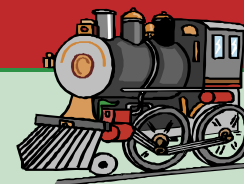
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

				1 Italian Bow Tie Bake Sunflower Seeds Salad Fruit Milk
4 Burritos Salad Fruit Vegetable Milk	5 Breakfast Sandwich (egg, sausage and cheese) Fruit Applesauce Milk	Turkey Dog Fruit Salad Salad Fruit/Vegetable Milk	7 Tortilla Chips w/beans and cheese Cornbread Salad Fruit/Vegetable Milk	8 Macaroni and Cheese Toast Salad Fruit/Vegetable Milk
11 Spaghetti and meatballs in Marinara Sauce Garlic Toast Salad Fruit/Vegetable Milk	12 Taco Bar Tuesday Soft shell taco w/meat Choice of toppings: lettuce, tomatoes, cheese Fruit/Vegetable Milk	13 Chicken Patty Sandwich Soft pretzel w/cheese Fruit Vegetable	14 Cheese Pizza Breadstick Salad Fruit/Vegetable Milk	Sausage Pancakes w/optional Strawberry topping Yogurt Fruit Milk
18 Turkey Burger Salad Fruit Vegetable Milk	19 Sloppy Nachos Salad Fruit Vegetable Milk	20 Chicken Wraps Salad Fruit Vegetable Milk	21 Pita Pizza Salad Fruit Vegetable Milk	22 NO SCHOOL Memorial Day Weekend
25 NO SCHOOL Memorial Day Weekend	Chicken and Cheese Quesadillas Frozen Fruit Salad Vegetable/Fruit Milk	27 Ham and Cheese Bagel Fruit Vegetable Milk	28 Cheese Pizza Breadstick Salad Fruit/Vegetable Milk	29 Macaroni and Cheese Toast Salad Fruit/Vegetable



News

Harvest of the Month for May is:

Strawberries

Eight large strawberries are equal to about one cup of fruit. One cup of strawberries is an excellent source of vitamin C, which helps your body heal from cuts and wounds and lowers your risk of infection. One cup of strawberries is also a good source of fiber, which helps keep your heart healthy, keep you regular, and make you feel full so you eat less.

