



Menus for May 2017

**Windham
Primary
School**

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



featuring
Honey Mustard Yogurt Dip
May 2
served with each school lunch



Happy Mother's Day
Sunday, May 14



Fun FRIDAY
May 26

**Patriotic
Parfaits
&
Blueberry
Muffins**



Monday, May 1
Breakfast For Lunch!
Whole Grain
French Toast Sticks
Baked Ham
Sweet Potato Puffs
Celery Sticks with
Sunbutter
Applesauce
Milk Choices

Alternate Entree:
Sunbutter and Jelly
Sandwich

Tuesday, May 2
Cheesy Chicken Parmesan
over Whole Grain Pasta
and Marinara Sauce
Warm Breadstick
Freshly Tossed Salad
Juicy Pineapple
Milk Choices

Alternate Entree:
Sunbutter and Jelly
Sandwich

****Try it Tuesday!****

Wednesday, May 3
Make Your Own Sub
Veggie Toppings
Crispy Seasoned
Potatoes
Roasted Garbanzo Beans
Oranges Wedges
Milk Choices

Alternate Entree:
Sunbutter and Jelly
Sandwich

Thursday, May 4
School Choice Pizza
Roasted Carrot Fries
Veggie Cruncher Bowl
Ranch Dip
Apple Slice
Milk Choices

Alternate Entree:
Sunbutter and Jelly
Sandwich

Friday, May 5
Cinco de Mayo!
Ole!
It's Make Your Own Taco Day!
Spiced Beef & Cheese
Your Choice of Toppings
Black Bean Salad
Fresh Melon Wedges
Dick and Jane
Cookies
Milk Choices

Alternate Entree:
Sunbutter and Jelly

SCHOOL LUNCH
SUPERHERO DAY
MAY 5TH



**AND
SCHOOL
NUTRITION
EMPLOYEE
APPRECIATION
WEEK
MAY 1-5**

Monday, May 8
Popcorn Chicken
Brown Rice and
Quinoa Pilaf
Peas
Veggie Choice
Perfect Peaches
Milk Choices

Alternate Entree:
Sunbutter and Jelly
Sandwich

Tuesday, May 9
School Made Chili
Warm Corn Bread
Spinach & Strawberry
Salad
Pineapple
Ice Cream Cup
Milk Choices

Alternate Entree:
Sunbutter and Jelly
Sandwich

Wednesday, May 10
Grilled Cheese Sandwich
School Made Soup
Crunchy Bell Pepper
Strips
Apple Slices
Milk Choices

Alternate Entree:
Sunbutter and Jelly
Sandwich

Thursday, May 11
BBQ Chicken Drumsticks
Corn on the Cob
Roasted Butternut
Squash & Quinoa Salad
Warm Dinner Roll
Celery & Carrot Sticks
Fresh Melon
Milk Choices

Alternate Entree:
Sunbutter and Jelly
Sandwich

Friday, May 12
Stuffed Crust Pizza
Veggie Cruncher Bowl
Honey Mustard Dip
Crunchy Roasted
Garbanzo Beans
Craisins
Milk Choices

Alternate Entree:
Sunbutter and Jelly
Sandwich



In Mexico, Cinco de Mayo marks a famous Mexican military victory. In the United States and elsewhere around the world, the day is a celebration of Mexican heritage and culture. Cinco de Mayo is really a bigger deal here than it is in Mexico!

Monday, May 15

Build Your Own Baked Potato Bar!

Your Choice of Toppings
Steamed Broccoli
Cornbread
Perfect Peaches
Trail Mix Cookies
Milk Choices

Alternate Entree:
Sunbutter and Jelly
Sandwich

Tuesday, May 16

Yummy Yogurt Cruncher Lunch

creamy vanilla yogurt &
crunchy graham crackers
strawberries, grapes & melon
String Cheese
Carrots & Celery Sticks
milk choices

Alternate Entree:
Sunbutter & Jelly Sandwich

Wednesday, May 17

Cheeseburger on a Bun
Oven Baked French Fries

Chef Sam's Bacon
Baked Beans
Mixed Fruit
Milk Choices

Alternate Entree:
Sunbutter and Jelly
Sandwich

Thursday, May 18

Cheesy Ravioli
Topped with Marinara
Sauce

Freshly Baked
Breadstick
Garden Salad
Juicy Pineapple
Milk Choices

Alternate Entree:
Sunbutter and Jelly
Sandwich

Friday, May 19

Big Daddy's Pizza
Veggie Cruncher Bowl
Radical Ranch Dip
Banana
Milk Choices

Alternate Entree:
Sunbutter and Jelly
Sandwich

Monday, May 22

Bagel Lunch
String Cheese
Yogurt
Cream Cheese
Roasted Edamame
Salad
Carrot Sticks
Pineapple
Milk Choices

Alternate Entree:
Sunbutter and Jelly
Sandwich

Tuesday, May 23

Cheesy Chicken Quesadilla
Black Bean Salad
Salsa
Yogurt and Blueberry
Parfait
Milk Choices

Alternate Entree:
Sunbutter and Jelly
Sandwich

Wednesday, May 24

Hot Dog on a Bun
Baked Potato Wedges
Brainy Broccoli Salad
Fresh Melon Wedges
Milk Choices

Alternate Entree:
Sunbutter and Jelly
Sandwich

Thursday, May 25

BBQ Pulled Pork Sandwich
Baked Sweet Potato
Wedges
School Made Cole Slaw
Cinnamon Roasted
Peaches
Milk Choices

Alternate Entree:
Sunbutter and Jelly
Sandwich

Friday, May 26

Individual Pan Pizza
Crunchy Bell Pepper
Strips
Green Beans
Banana
Milk Choices

Alternate Entree:
Sunbutter and Jelly
Sandwich

Fun Friday Breakfast!

Recipe Corner

Honey Mustard Yogurt Dip

1/2 cup Dijon OR yellow mustard

1/2 plain yogurt

2 tablespoons honey salt and pepper

1. Mix all ingredients in a larger bowl until combined. Season with salt and pepper.

2. Serve with veggie sticks!

Monday, May 29



Tuesday, May 30

Chicken Nuggets
Brown Rice and
Quinoa Pilaf
Roasted Edamame
Salad
Brainy Broccoli Florets
Oranges Wedges
Milk Choices

Alternate Entree:
Sunbutter and Jelly
Sandwich

Wednesday, May 31

Pretzel Extravaganza!
Soft Whole Grain Pretzel
with Honey Mustard Dip
String Cheese
Veggie Cruncher Bowl
Fresh Maine Apple
Milk Choices

Alternate Entree:
Sunbutter and Jelly
Sandwich

★ 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 ★