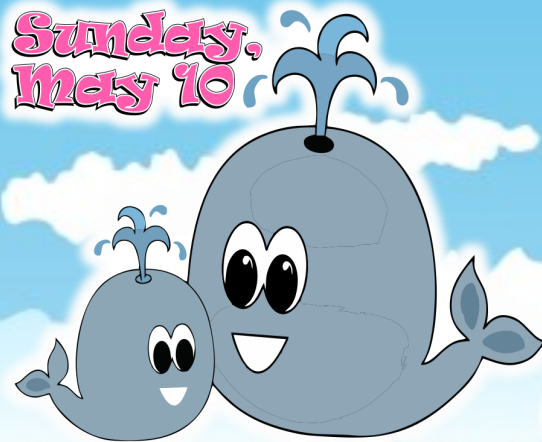


Menus for May 2026



Manzanita School

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

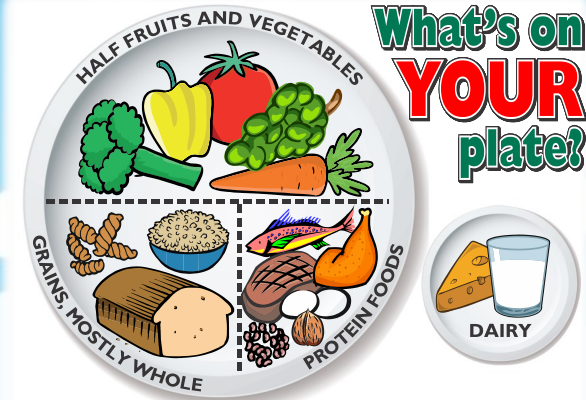


Happy Mother's Day!

Friday, May 1

Breakfast
Variety of Cereal
Juice, Fruit and Milk

Lunch
Maxx Stick Pizza
Milk, Fruit, Veggie, and
Salad Bar



Go off the plate!



Generally, the plate diagram above provides fantastic advice on how to fill your plate. But can you name one of the best things you can eat or drink that isn't even on the plate? Give up? **IT'S WATER!** Kids should try to drink about 6 to 8 8-ounce servings of water a day. Try having water instead of soda or other high-calorie, low-nutrition drinks as often as possible!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, May 4

Breakfast
Mini Pancakes
Juice, Fruit and Milk

Lunch
Chicken Nuggets and
Sun Chips
Milk, Fruit, Veggie, and
Salad Bar

Tuesday, May 5

Breakfast
Cini Mini
Juice, Fruit and Milk

Lunch
PB&J sandwich, Cheese stick,
and crackers
Milk, Fruit, Veggie, and
Salad Bar

Wednesday, May 6

Breakfast
Benefit Bar
Juice, Fruit and Milk

Lunch
Corn Dog and Fava Beans
Milk, Fruit, Veggie, and
Salad Bar

Thursday, May 7

Breakfast
Biscuit and Gravy
Juice, Fruit and Milk

Lunch
Hamburger and Baked Chips
Milk, Fruit, Veggie, and
Salad Bar

Friday, May 8

Breakfast
Variety of Cereal
Juice, Fruit and Milk

Lunch
Old school Pizza
Milk, Fruit, Veggie, and
Salad Bar

Monday, May 11

Breakfast
Bagel with cream cheese
Juice, Fruit and Milk

Lunch
Mac-N-Cheese and
Bread stick
Milk, Fruit, Veggie, and
Salad Bar

Tuesday, May 12

Breakfast
Strawberry Glazed Scone
Juice, Fruit and Milk

Lunch
Taco's and Refried
Beans
Milk, Fruit, Veggie, and
Salad Bar

Wednesday, May 13

Breakfast
Mini Waffles
Juice, Fruit and Milk

Lunch
Grilled Cheese
Milk, Fruit, Veggie, and
Salad Bar

Thursday, May 14

Breakfast
French Toast
Juice, Fruit and Milk

Lunch
Spaghetti and Bread Stick
Milk, Fruit, Veggie, and
Salad Bar

Friday, May 15

Breakfast
Variety of Cereal
Juice, Fruit and Milk

Lunch
French Bread Pizza
Milk, Fruit, Veggie, and
Salad Bar

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



WORDS OF MOUTH

This month: "Take it with a grain of salt"

Has anyone ever told you to take something "with a grain of salt"? It means that you shouldn't necessarily believe what you're being told. The Latin words for "salt" and "wisdom" are the same, so some say that the phrase means "use your wisdom to decide if this is true." But feel free to take this explanation (wait for it) with a grain of salt! Just one of those food-related sayings that so often "spice up" our language!



Monday, May 18

Breakfast

Mini Pancakes
Juice, Fruit and Milk

Lunch

Chicken Nuggets and Sun Chips
Milk, Fruit, Veggie, and Salad Bar

Tuesday, May 19

Breakfast

Cini Mini
Juice, Fruit and Milk

Lunch

PB&J sandwich, Cheese stick, and crackers
Milk, Fruit, Veggie, and Salad Bar

Wednesday, May 20

Breakfast

Benefit bar
Juice, Fruit and Milk

Lunch

Raviolis and Bread stick
Milk, Fruit, Veggie, and Salad Bar

Thursday, May 21

Breakfast

Biscuit and Gravy
Juice, Fruit and Milk

Lunch

Hot dog and baked Beans
Milk, Fruit, Veggie, and Salad Bar

Friday, May 22

Breakfast

Variety of Cereal
Juice, Fruit and Milk

Lunch

Stuffed Crust Pizza
Milk, Fruit, Veggie, and Salad Bar

Monday, May 25



Tuesday, May 26

Breakfast

Muffin
Juice, Fruit and Milk

Lunch

Chicken Burger and Nachos
Milk, Fruit, Veggie, and Salad Bar

Wednesday, May 27

Breakfast

French Toast
Juice, Fruit and Milk

Lunch

Bruch for lunch
Pancake, Sausage and hash brown
Milk, Fruit, Veggie, and Salad Bar

Thursday, May 28

Breakfast

Mini Waffles
Juice, Fruit and Milk

Lunch

Orange Chicken and Rice
Milk, Fruit, Veggie, and Salad Bar

Friday, May 29

Breakfast

Variety of Cereal
Juice, Fruit and Milk

Lunch

Maxx Stick Pizza
Milk, Fruit, Veggie, and Salad Bar

OUR NATION'S HISTORY

Memorial Day originated in the years after the Civil War to remember and honor those who had died in service to our country. At first, Memorial Day was called "Decoration Day" – literally, a day that was set aside to beautify the final resting places of our honored dead. This year, while you're enjoying your day off, please don't forget to honor them in your heart, too!

WITH LIBERTY & JUSTICE FOR ALL

Available Daily

Cheerio cereal with graham cracker offered as an option at breakfast.
Deli sandwich and yogurt bundle offered as an option at lunch.

HERB/SPICE



Black Pepper

We think of black pepper as a powder, but it actually starts off as fruit! The berries are dried and ground to make the spice we all know. The dried berries are called "peppercorns."

OF THE MONTH