





May Fruitvale Menu

Every lunch includes a choice of milk and a Salad Bar for Secondary students.

Monday	Tuesday	Wednesday	Thursday	Friday
April 29 Steak Fingers or Chicken Nuggets Hot Roll Mashed Potatoes Sautéed Vegetable Fruit Cup	April 30 Tacos or Quesadillas Lettuce & Tomato Homemade Salsa Refried Beans Spanish Rice Fruit Cup	1 Monterrey Chicken Hot Roll Glazed Carrots Steamed Vegetables Fruit Cup or BYSL	2 Italian Dippers or Pizza Seasoned Sweet Corn Italian Salad Colorful Apple Sauce	3 Cheese Burger Basket or Hot Dog Basket with Fries Lettuce with Pickles Sliced Tomatoes Fresh Fruit
6 Chicken Spaghetti Hot Roll Fresh Garden Salad Seasoned Vegetables Fruit Cup or BYSL	7 Tacos or Crisпитos Lettuce & Tomato Homemade Salsa Pinto Beans Spanish Rice Fruit Cup	8 Popcorn Chicken or Crispy Chicken Salad with Hot Roll Mashed Potatoes Seasoned Vegetables Berries & Cream	9  Manager's Choice	10 Chicken Sandwich Basket or Corn Dog Basket with Fries Lettuce with Pickles Sliced Tomatoes Fresh Fruit
13  Manager's Choice	14 Nachos Lettuce & Tomato Homemade Salsa Refried Beans Spanish Rice Fruit Cup	15 Asian Bowl or Popcorn Chicken with Hot Roll Steamed Vegetables Glazed Carrots Fruit Cup	16 Chicken Alfredo with Bread Stick or Pizza Tossed Salad Steamed Broccoli Fruit Wiggles	17 Specialty Burger Basket or Chicken Strip Basket with Fries Lettuce with Pickles Sliced Tomatoes Fresh Fruit
20  Manager's Choice	21 Tacos with Lettuce & Tomato or Taco Salad Homemade Salsa Spanish Rice Charro Beans Pineapple Tidbits	22 Mini Corn Dogs with Mac & Cheese Cucumber Nachos Seasoned Vegetables Fruit Cup or BYSL	23 Spaghetti w/ Meat Sauce Garlic Toast or Pizza Tossed Salad Seasoned Green Beans Banana Sundae	24  Grab N' Go Sack Lunch

Here comes the Sun!

Our sun can do a lot of cool things like tan our skin and make flowers and plants grow, but we need to be smart about the sun and its potential dangers.

- * Always make sure to take frequent breaks from the sun by going inside or in the shade.
- * Put on sunscreen and reapply often. The sun can cause wrinkles and skin damage. Just because you don't see these things happening right away does not mean they won't happen eventually.

Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
Sausage Roll or French Toast	Scrambled Eggs w/ Toast & Sausage, Bacon, or Ham	Breakfast Pizza or Sausage Biscuit	Cinnamon Roll or Pancake Wrap	Waffles or Muffin & Yogurt

An option of Cereal & Toast, Fresh Fruit or Fruit Cup, and a Choice of Juice and Milk are also offered everyday.

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