

May

ES Breakfast Menus

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> honey buttons cereal fruit <p>1</p>	<ul style="list-style-type: none"> apple muffin/fruit <p>2</p>	<ul style="list-style-type: none"> cocoa critters cereal/ fruit <p>3</p>	<ul style="list-style-type: none"> lemon muffin/fruit <p>4</p>	<ul style="list-style-type: none"> NO SCHOOL FOR SCHOLARS <p>5</p>
<ul style="list-style-type: none"> flurries cereal/fruit <p>8</p>	<ul style="list-style-type: none"> bagel/cream cheese/fruit <p>9</p>	<ul style="list-style-type: none"> banana muffin/fruit <p>10</p>	<ul style="list-style-type: none"> cocoa critters cereal/fruit <p>11</p>	<ul style="list-style-type: none"> honey buttons cereal/fruit <p>12</p>
<ul style="list-style-type: none"> yogurt/granola/ fruit <p>15</p>	<ul style="list-style-type: none"> blueberry muffin/ fruit <p>16</p>	<ul style="list-style-type: none"> flurries cereal/fruit <p>17</p>	<ul style="list-style-type: none"> i zee zees berry apple crisp bar/fruit <p>18</p>	<ul style="list-style-type: none"> blueberry burst whole grain bagel/ cream cheese/fruit <p>19</p>
<ul style="list-style-type: none"> honey buttons cereal/fruit <p>22</p>	<ul style="list-style-type: none"> breakfast cinnamon crumble/fruit <p>23</p>	<ul style="list-style-type: none"> banana muffin/fruit <p>24</p>	<ul style="list-style-type: none"> apple cinna-grins cereal <p>25</p>	<ul style="list-style-type: none"> cocoa critters cereal/fruit <p>26</p>
<p>NO SCHOOL</p> <p>29</p>	<ul style="list-style-type: none"> yogurt/granola/ fruit <p>30</p>	<ul style="list-style-type: none"> cocoa critters cereal/fruit (<p>31</p>		

what's new?

We're introducing a **new omelet!** Made with real eggs and Colby cheese, omelets are a great source of protein to help you stay satisfied and focused all morning long

Look for our classic cheese omelet on the menu May 4th and 16th!

Breakfast: choice of 1% or fat-free milk; fresh fruit available daily except when fruit juice is offered twice per week.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

This institution is an equal opportunity provider



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ES LUNCH MENUS

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> chicken bites chilled, seasoned green beans <p style="text-align: right;">1</p>	<ul style="list-style-type: none"> buffalo chicken pinto beans & baby carrots <p style="text-align: right;">2</p>	Bag Lunch Inside Classroom <p style="text-align: right;">3</p>	<ul style="list-style-type: none"> hot dog chopped lettuce and sliced tomatoes with ranch <p style="text-align: right;">4</p>	<ul style="list-style-type: none"> NO SCHOOL FOR SCHOLARS <p style="text-align: right;">5</p>
<ul style="list-style-type: none"> crispy chicken sandwich green peas <p style="text-align: right;">8</p>	<ul style="list-style-type: none"> jumbo caribbean meatball “edamame & grape tomatoes <p style="text-align: right;">9</p>	<ul style="list-style-type: none"> Bag Lunch Inside Classroom <p style="text-align: right;">10</p>	<ul style="list-style-type: none"> sloppy joe chopped lettuce and sliced tomatoes with ranch <p style="text-align: right;">11</p>	<ul style="list-style-type: none"> chicken enchiladas chilled, seasoned green beans <p style="text-align: right;">12</p>
<ul style="list-style-type: none"> chicken bites steamed corn <p style="text-align: right;">15</p>	<ul style="list-style-type: none"> chicken teriyaki edamame & baby carrots <p style="text-align: right;">16</p>	<ul style="list-style-type: none"> Bag Lunch Inside Classroom <p style="text-align: right;">17</p>	<ul style="list-style-type: none"> cheese pizza celery sticks with ranch <p style="text-align: right;">18</p>	<ul style="list-style-type: none"> cheesy chicken quesadilla <p style="text-align: right;">19</p>
<ul style="list-style-type: none"> lone star bbq chicken sandwich seasoned green beans <p style="text-align: right;">22</p>	<ul style="list-style-type: none"> cheesy ravioli pinto beans & blanched broccoli florets <p style="text-align: right;">23</p>	<ul style="list-style-type: none"> Bag Lunch Inside Classroom <p style="text-align: right;">24</p>	<ul style="list-style-type: none"> buffalo chicken sandwich chopped lettuce and sliced tomatoes <p style="text-align: right;">25</p>	<ul style="list-style-type: none"> garden ranch salad with chicken breast sweet potatoes <p style="text-align: right;">26</p>
NO SCHOOL <p style="text-align: right;">29</p>	<ul style="list-style-type: none"> crispy chicken sandwich pinto beans <p style="text-align: right;">30</p>	<ul style="list-style-type: none"> Bag Lunch Inside Classroom <p style="text-align: right;">31</p>		

cinco de mayo!

In Mexico, tamales are traditionally served to celebrate holidays or special occasions

Our **new Mama’s Tamales** come in two flavors: red chile chicken and mild green chile & cheese. Both are prepared traditionally and individually hand wrapped in a corn husk before being steamed.

Look for tamales on the menu on Cinco de Mayo! (That’s May 5th)

Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

o Vegetable of the day

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EM SNACKS

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> skeeter honey grahams/fruit <p>1</p>	<ul style="list-style-type: none"> goldfish pretzels/fruit <p>2</p>	<ul style="list-style-type: none"> multigrain rumbles - ranch/fruit <p>3</p>	<ul style="list-style-type: none"> goldfish cheese crackers/fruit <p>4</p>	<ul style="list-style-type: none"> NO SCHOOL FOR SCHOLARS <p>5</p>
<ul style="list-style-type: none"> granola/string cheese <p>8</p>	<ul style="list-style-type: none"> Educational Snacks fruit <p>9</p>	<ul style="list-style-type: none"> zac attack bar apple/fruit (snack) <p>10</p>	<ul style="list-style-type: none"> skeeter cinnamon grahams/fruit <p>11</p>	<ul style="list-style-type: none"> goldfish pretzels/fruit <p>12</p>
<ul style="list-style-type: none"> zac attack bar - /fruit <p>15</p>	<ul style="list-style-type: none"> goldfish cheese crackers/fruit <p>16</p>	<ul style="list-style-type: none"> string cheese/juice <p>17</p>	<ul style="list-style-type: none"> skeeter honey grahams/fruit <p>18</p>	<ul style="list-style-type: none"> educational snacks/fruit <p>19</p>
<ul style="list-style-type: none"> goldfish pretzels/juice <p>22</p>	<ul style="list-style-type: none"> multigrain rumbles - cinnamon/fruit <p>23</p>	<ul style="list-style-type: none"> honey wheat crackers/fruit <p>24</p>	<ul style="list-style-type: none"> multigrain rumbles - ranch/fruit apple/fruit <p>25</p>	<ul style="list-style-type: none"> skeeter cinnamon grahams/fruit <p>26</p>
<p>NO SCHOOL</p> <p>29</p>	<ul style="list-style-type: none"> goldfish cheese crackers/fruit <p>30</p>	<ul style="list-style-type: none"> string cheese/fruit skeeter honey grahams/fruit <p>31</p>		

did you know?

Snacks can be a healthy part of a balanced diet. Our snacks contain no artificial colors, flavors, or sweeteners.

Now that's something we can all get behind!

Snack: fresh fruit available daily except when sunbutter, string cheese, or juice is served.

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