

MAY

Mumford

A choice of milk and a Grab N' Go will be offered every day.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 ENJOY YOUR DAY OFF!	6 <i>Cinco De Mayo</i> Nachos Tossed Salad Refried Beans Spanish Rice Homemade Salsa Fresh Apples	7 Turkey Day in May! Roasted Turkey & Dressing Mashed Potatoes Green Beans Fruit Salad	8 Specialty Burger Basket with Fries Lettuce & Pickles Sliced Tomatoes Fresh Baked Cookie Fresh Fruit	9 Grab N' Go Sack Lunch!
12 Chicken Spaghetti with Breadsticks or Choice of Pizza Steamed Vegetables Glazed Carrots Fruit Cup	13 Chicken Fajita Tacos Spanish Rice Pinto Beans Lettuce & Tomato Homemade Salsa Fruit Cup	14 Stuffed Baked Potato with Hot Roll or Ham & Cheese Croissants Macaroni & Cheese Steamed Broccoli Garden Fresh Salad Fruit Medley	15 Cheese Burger Basket with Fries Lettuce & Pickles Sliced Tomatoes Fresh Baked Cookie Fresh Fruit	16 Grab N' Go Sack Lunch!
19 Pasta Bake with Garlic Toast or Choice of Pizza Steamed Vegetables Roasted Vegetables Fruit Dessert	20 Quesadillas or Crispito Spanish Rice Pinto Beans Seasoned Corn Homemade Salsa Fruit Cup	21 Asian Bowl with Fried Rice or Popcorn Chicken Seasoned Vegetables Steamed Baby Carrots Fruit Salad	22 Grab N' Go Sack Lunch!	23 ENJOY YOUR SUMMER!

An option of cereal & toast, fresh fruit or fruit cup, and a choice of juice and milk are also offered every day.

Breakfast	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week of 5/5 & 5/19	Pancake Wrap	Eggs w/ Sausage & Toast	Breakfast on Bun	Breakfast Pizza	Yogurt Parfait & Grahams
Week of 5/12	Pig in a Blanket	Eggs & Bacon with Toast	Biscuits & Gravy	Breakfast Tacos	Banana Bread

Summer Safety Tips:

- Sun Safe
 - » Protect your skin. Use sunscreen with SPF, wear a hat and sunglasses, and try to stick to the shade—especially between 10 a.m. and 4 p.m. when the sun is at its strongest.
- Drink Water
 - » Sip water all day—especially when it's hot or you're playing hard.
- Too Hot? Speak Up!
 - » If you feel dizzy, tired, or have a headache, tell an adult. You might be too hot.
- Water Rules
 - » Use a life jacket if needed, and be aware of deep or unpredictable water. Water safety is about confidence and caution.