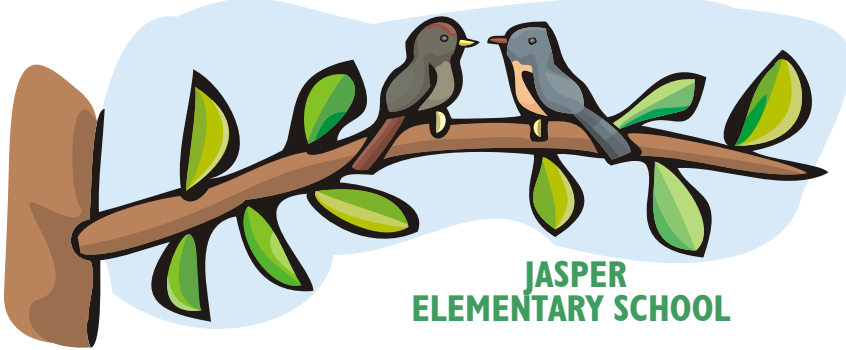


# Menus for May 2009



"Pickens County Board of Education is an Equal Opportunity Provider and Employer."

## Word of the Month

### free·dom

n. 1. The capacity to exercise choice; free will  
2. Liberty of the person from slavery, detention, or oppression  
3. Political independence

**Friday, May 1**

Breakfast Biscuit w/Sausage & Jelly or Wholegrain Cereal

Lunch

Pepperoni Pizza with Whole Grain Crust or Gr. Chicken Caesar Chef Salad or PB & J Sandwich Plate  
(Choice of two Fruits and/or Vegetables)

Caesar Side Salad  
Chilled Fruit  
Fresh Fruit

Teddy Grahams  
Cold Milk Choice

# GET REAL.



Here's a simple rule for eating healthier: keep it real. As often as possible, try to eat fresh fruit, veggies, and other whole foods. Cut back on processed food and other stuff that doesn't exist in nature.

**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.**  
**WELLNESS IS A WAY OF LIFE!**

**Monday, May 4**

Double Waffles with Syrup  
Sausage Link



Jasper Tigers Field Day  
For Kindergarten  
Lunch

Two Cheese Quesadillas / Salsa

Chef's Salad Plate or  
PB & J Sandwich Plate

(Choice of two Fruits and/or Vegetables)

Black Beans - Corn  
Chilled Fruit  
Fresh Fruit  
Lime Sherbet  
Cold Milk Choice

**Tuesday, May 5**

Breakfast Bagel with  
Sausage Gravy & Cheese



Jasper Tigers Field Day  
Sack Lunch for 1st Grade  
Lunch

Hamburger  
Oven Potato Fries or  
Grilled Chicken Sandwich or  
PB & J Sandwich Plate

(Choice of two Fruits and/or Vegetables)

Lettuce / Tomato / Pickles  
Chilled Cut Fruit  
Fresh Fruit  
Cold Milk Choice

**Wed., May 6**

Breakfast Chicken Slammer  
or Wholegrain Cereal & Toast



Jasper Tigers Field Day  
Sack Lunch for 2nd Grade  
Lunch

Chicken Noodle Soup/Crackers

Deli Hoagie with Chips or  
PB & J Sandwich Plate

(Choice of two Fruits and/or Vegetables)

Fresh Broccoli, Carrots, Celery  
with Ranch Dip  
Chilled Fruit / Fresh Fruit  
Homemade Cookie  
Cold Milk Choice

**Thursday, May 7**

Breakfast Muffin  
with 4 oz. Yogurt



Jasper Tigers Field Day  
Sack Lunch for 3rd Grade  
Lunch

Beans & Ham

Mac and Cheese / Cornbread or  
Baked Potato Plate or  
PB & J Sandwich Plate

(Choice of two Fruits and/or Vegetables)

Coleslaw  
Chilled Fruit / Fresh Fruit  
Frozen Strawberry Yogurt Cup  
Cold Milk Choice

**Friday, May 8**

Breakfast Biscuit w/Sausage & Jelly or Wholegrain Cereal



Jasper Tigers Field Day  
Sack Lunch for 5th Grade  
Lunch

Stuffed Crust Cheese Pizza

Gr. Chicken Caesar Chef Salad  
PB & J Sandwich Plate

(Choice of two Fruits and/or Vegetables)

Caesar Side Salad  
Corn  
Mandarin Oranges  
Fresh Fruit  
Cold Milk Choice

# Don't be fooled by the apron.

There are special folks on the staff at our school whose job is to help improve students' concentration and classroom participation, increase standardized test scores, and make sure our kids stay healthy and ready to learn. And, amazingly, these members of our educational team perform all of these impressive feats while wearing an apron!

Our child nutrition employees may not see the inside of a classroom very often, but they do make a daily contribution to your child's educational success.

It's really a very simple recipe: research shows that kids who eat well learn better. So the hard work that gets done in our school restaurants every day isn't just about preparing and serving meals to our kids. It's also about helping to make good education possible.

We're proud of the people who do all of that hard work, largely unseen by parents, students, and other staff members. Please join us in saying thanks to our dedicated employees during School Nutrition Employee Appreciation Week, May 5-9. And don't be fooled by the aprons – these folks help work miracles for our kids every day!

**School Meals**  
We serve education every day™



Flying a kite is fantastic exercise on a windy spring day – and fun, too! Kite flying works your arms and legs (especially in a strong breeze!), and you can burn 300 calories in an hour.

**SOMETHING'S BURNING**  
Exercise for good health

**May 10 is Mother's Day**



Do something nice for Mom!

**Monday, May 11**

 **Jasper Tigers Field Day Sack Lunch for 4th Grade**

**Lunch**  
**Chicken Fajita** with Cheese & Salsa or **Chef's Salad Plate** or **PB & J Sandwich Plate**  
 (Choice of two Fruits and/or Vegetables)  
 Black Beans / Yellow Rice  
 Chilled Fruit  
 Fresh Fruit  
 Cold Milk Choice

**Tuesday, May 12**

**Breakfast Pizza** With Chilled Fruit

**Lunch**  
**BBQ Sandwich / Pickles** Oven Potatoes or **Grilled Chicken Sandwich** or **PB & J Sandwich Plate**  
 (Choice of two Fruits and/or Vegetables)  
 Coleslaw  
 Baked Beans  
 Chilled Fruit  
 Fresh Fruit  
 Cold Milk Choice

**Wed., May 13**

**Breakfast Chicken Slammer** or **Wholegrain Cereal/Toast**

**Lunch**  
**Chicken Filet Sandwich** Tater Tots or **Deli Hoagie with Chips** or **PB & J Sandwich Plate**  
 (Choice of two Fruits and/or Vegetables)  
 Lettuce / Tomato / Dills  
 Corn  
 Chilled Fruit  
 Fresh Fruit  
 Cold Milk Choice

**Thursday, May 14**


**Enriched Breakfast Donut** **Mozzarella Cheese Stick**  
**LAW APPRECIATION DAY**

**Lunch**  
**Country Steak & Gravy** Mashed Potatoes/ Roll or **Baked Potato Plate** or **PB & J Sandwich Plate**  
 (Choice of two Fruits and/or Vegetables)  
 Seasoned Green Beans  
 Chilled Fruit  
 Fresh Fruit  
 Blueberry Crisp  
 Cold Milk Choice

**Friday, May 15**

**Breakfast Biscuit w/Sausage** & Jelly or **Wholegrain Cereal**

**Lunch**  
**Pepperoni Pizza** with Whole Grain Crust or **Chef Salad Plate** or **PB & J Sandwich Plate**  
 (Choice of two Fruits and/or Vegetables)  
 Fresh Garden Salad  
 Chilled Fruit  
 Fresh Fruit  
 Frozen Fruit Juice Bar  
 Cold Milk Choice



**MealpayPlus**  
 Online Prepayment System  
 Powered by Horizon Software International, LLC

**BREAKFAST** \$1.00  
**LUNCH** \$1.50

Pay for meals on-line at [Mealpayplus.com](http://Mealpayplus.com)!

**Monday, May 18**

**Cheese Toast**  
**Breakfast Cereal**

**Lunch**  
**Grilled Chicken Sandwich** Multigrain Sunchips or **Chef's Salad Plate** or **PB & J Sandwich Plate**  
 (Choice of two Fruits and/or Vegetables)  
 Lettuce / Tomato / Dills  
 Corn  
 Chilled Fruit  
 Fresh Fruit  
 Cold Milk Choice

**Tuesday, May 19**

**Breakfast Bagel with Sausage Gravy & Cheese**

**Lunch**  
**All Beef Hot Dog w/Fixings** Oven Fries or **Grilled Chicken Sandwich** or **PB & J Sandwich Plate**  
 (Choice of two Fruits and/or Vegetables)  
 Coleslaw  
 Baked Beans  
 Chilled Fruit  
 Fresh Fruit  
 Cold Milk Choice

**Wed., May 20**

**Breakfast Biscuit w/Chicken** or **Wholegrain Cereal & Biscuit**

**Lunch**  
**Cheeseburger** Baked Chips or **Deli Hoagie with Chips** or **PB & J Sandwich Plate**  
 (Choice of two Fruits and/or Vegetables)  
 Lettuce / Tomato / Pickles  
 Chilled Fruit  
 Fresh Fruit  
 Snow Cream Popsicle  
 Cold Milk Choice

**Thursday, May 21**

**Manager's Choice**  
**Breakfast Entree**

**Lunch**  
**Manager's Pot Luck Menu**  
**Lunch Entrée / Bread**  
**Two Fruits / Vegetables**  
**Dessert**  
**Cold Milk Choice**



**Friday, May 22**

**Manager's Choice**  
**Breakfast Entree**

**Lunch**  
**Manager's Pot Luck Menu**  
**Lunch Entrée / Bread**  
**Two Fruits / Vegetables**  
**Dessert**  
**Cold Milk Choice**



Have a Great Summer!!

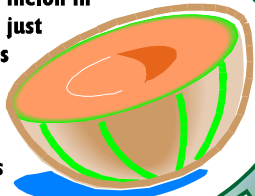
**Available Daily**

**With Every Breakfast Entrée**  
 Fresh Fruit or 100% Fruit Juice and Cold Milk

**With Every Lunch Entrée**  
 Choice of Two Fruit / Vegetables  
 Bread, Dessert (if Available) and Cold Milk

**Lunch Sandwich Entrée**  
 Peanut Butter & Jelly on Wheat / Mozzarella Cheese Stick  
**Lunch Chef's Salad Entrée (Mon. & Fri.)**  
 Mixed Salad Greens, Meat/Cheese, Crackers, Croutons  
**Lunch Grilled Chicken Sandwich Entrée (Tues.)**  
 Grilled Chicken Filet on Bun with Oven Potatoes  
**Lunch Deli Hoagie Entrée w/Baked Chips (Wed.)**  
 Deli Turkey or Ham with Shredded Lettuce/Tomato/Dills  
**Lunch Baked Potato Entrée (Thurs.)**  
 Baked Potato, Shredded Cheese, Condiments

**FRUIT**  
**Cantaloupe**  
 It's the most popular melon in America, and it doesn't just taste great! Cantaloupe is loaded with vitamin C and contains lots of beta carotene, a substance that helps fight illness and aging!



**OF THE MONTH**

**THANKS!**

WE'RE GLAD WE HAD THE CHANCE TO SERVE YOU THIS SCHOOL YEAR AND LOOK FORWARD TO SEEING YOU AGAIN NEXT YEAR. IF YOU'RE GRADUATING, CONGRATULATIONS AND GOOD LUCK -- WE'LL MISS YOU!

