### Menus for May 2022

#### Christina School District
#### Elementary (including Brennen, Bancroft, Pulaski & Stubbs)

Menus are subject to change.

### Breakfast
- **Monday, May 2**: Assorted Muffins
- **Tuesday, May 3**: Mini Breakfast Bites
- **Wednesday, May 4**: Mini Pancakes
- **Thursday, May 5**: Mini Cinnamon Rolls
- **Friday, May 6**: Cereal Bar w/Graham Cracker

### Lunch
- **Monday, May 2**: Cheeseburger, Steamed Broccoli Florets, Pears
- **Tuesday, May 3**: Cheesy Mozzarella Sticks, Pizza Hummus w/Fresh Vegetables, Raisins
- **Wednesday, May 4**: Chicken & Waffles, Emoji Fries, Juice
- **Thursday, May 5**: Honey Lime Chicken Nachos w/Seasoned Brown Rice, Mexican Street Corn, Mexi Fiesta Salad, Mixed Fruit
- **Friday, May 6**: French Bread Pizza, Steamed Carrots, Pizza Hummus w/Fresh Vegetables, Mandarin Oranges

### Available Daily
- Breakfast: Cereal w/Graham Cracker, Crunchmania, Juice, Fruit & Milk
- Lunch: PBJ Meal, Fresh Fruit, Fresh Vegetables w/Dip & Milk
- Monday & Friday: Dairy Fuel Pack
- Tuesday & Thursday: Deli Sandwich
- Wednesday: Specialty Salad

### Important Menu Update!
Nationwide supply chain issues may begin to impact school menus, resulting in a decrease in variety or repeated and unpredictable last minute adjustments. We appreciate your patience and understanding.

### YOU'RE STILL GOOD!
#### ALL STUDENTS EAT ALL MEALS @ NO COST THROUGH THE END OF THIS SCHOOL YEAR

As of now, we anticipate returning to our pre-pandemic operations next fall. Please see the other page for more detail, and we will keep our families informed as plans are finalized for the 2022-2023 school year. Thanks for your patience and, for now, keep enjoying those free meals!

### Christina School District Nutrition Services

__COOK FRESH.__
A lot of processed foods – cereal, ketchup, cheese, and soda, to name just a few common items – are often loaded with sodium (whether you can taste it or not) and most restaurant meals are very high in salt, too. In fact, the best way to be sure that your family is not eating too much sodium is to cook fresh foods at home and keep your hands off the shaker.

__EAT BETTER, PLAY HARDER, LIVE HealthIER, LEARN EASIER. WELLNESS IS A WAY OF LIFE!__

__Monday, May 9__
- Breakfast: Assorted Breakfast Breads
- Lunch: Hot Dog (Beef), Warm Vegetarian Baked Beans, Applesauce

__Tuesday, May 10__
- Breakfast: Mini Waffles
- Lunch: Mandarin Chicken w/Brown Rice & Dinner Roll, Mixed Vegetables, Craisins

__Wednesday, May 11__
- Breakfast: Piggles (Pancake Wrapped Turkey Sausage)
- Lunch: Cheese Pizza, Glazed Carrots, Frozen Apricot Cup

__Thursday, May 12__
- Breakfast: Mini Bagels
- Lunch: Chicken Tenders w/Cheddar Goldfish, Mashed Potatoes w/Gravy, Fruit Slushy

__Friday, May 13__
- Breakfast: Mini French Toast
- Lunch: Pasta w/Meat Sauce & Texas Toast, Side Garden Salad, Pineapple

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**Christina School District Nutrition Services**

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**Eat better, play harder, live healthier, learn easier. Wellness is a way of life!**
### Breakfast
- **Monday, May 16**: Assorted Muffins
- **Tuesday, May 17**: Mini Breakfast Bites
- **Wednesday, May 18**: Mini Pancakes
- **Thursday, May 19**: Mini Cinni
- **Friday, May 20**: Cereal Bar w/Graham Cracker

### Lunch
- **Monday, May 16**: Grilled Chicken Fiesta Sandwich
- **Tuesday, May 17**: Cheesy Breadsticks
- **Wednesday, May 18**: Teriyaki Meatballs w/Brown Rice & Dinner Roll
- **Thursday, May 19**: Stuffed Crust Pizza
- **Friday, May 20**: Chicken Drumstick w/Pasta Salad

**Strawberry Week!**
- **Breakfast**: Assorted Breakfast Breads
- **Monday, May 23**: Mini Breakfast Bites
- **Tuesday, May 24**: Mini Waffles
- **Wednesday, May 25**: Pigglestick (Pancake Wrapped Turkey Sausage)
- **Thursday, May 26**: Mini Bagels

- **Lunch**: Chicken Patty Sandwich
- **Monday, May 23**: Peas
- **Tuesday, May 24**: Mixed Vegetables
- **Wednesday, May 25**: OR Red, White & Blue Strawberry Chicken Salad
- **Thursday, May 26**: Manager’s Choice Side Caesar Salad

- **Monday, May 30**: Cereal w/Graham Cracker
- **Tuesday, May 31**: Chicken Nuggets w/Cheez-Its

**Strawberry Week**
- **May 23—May 26th**: Enjoy fresh strawberries from our local vendor Fifer Orchards!!

**PK-12 SCHOOLS CLOSED**
- **Friday, May 27**:

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### Replacement Nutritional Information

**Broccoli** is an excellent source of vitamin C and beta carotene, both of which can help fight cancer. Frozen broccoli actually has more beta carotene (but less vitamin C) than fresh. Steaming fresh broccoli is the best way to retain nutrients and avoid the “too strong” flavor that results from overcooking.

**A QUICK BITE FOR PARENTS**