### Menus for May 2022

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

Menus are subject to change.

#### Available Daily

**Breakfast:** Cereal w/Graham Cracker, Crunchmania, Juice, Fruit & Milk  
**Lunch:** PB&J Meal, Fresh Fruit, Fresh Vegetables w/Dip & Milk  
**Monday & Friday:** Dairy Fuel Pack  
**Tuesday & Thursday:** Deli Sandwich  
**Wednesday:** Specialty Salad

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<table>
<thead>
<tr>
<th>Monday, May 2</th>
<th>Tuesday, May 3</th>
<th>Wednesday, May 4</th>
<th>Thursday, May 5</th>
<th>Friday, May 6</th>
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</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
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<tr>
<td>Assorted Muffins</td>
<td>Mini Breakfast Bites</td>
<td>Mini Pancakes</td>
<td>Mini Cinni</td>
<td>Cereal Bar w/Graham Cracker</td>
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<td><strong>Lunch</strong></td>
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<tr>
<td>Cheeseburger</td>
<td>Cheesy Mozzarella Sticks</td>
<td>Chicken &amp; Waffles</td>
<td>Honey Lime Chicken Nachos</td>
<td>French Bread Pizza</td>
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<tr>
<td>Steamed Broccoli Florets</td>
<td>Pizza Hummus w/Fresh Vegetables</td>
<td>Emoji Fries</td>
<td>w/Seasoned Brown Rice</td>
<td>Steamed Carrots</td>
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<tr>
<td>Pears</td>
<td>Raisins</td>
<td>Juice</td>
<td>Mexican Street Corn</td>
<td>Pizza Hummus w/Fresh Vegetables</td>
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<td></td>
<td>Mexi Fiesta Salad</td>
<td>Mandarin Oranges</td>
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**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.

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**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**

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**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!**
### Back to the Future

Like that great old movie, that’s where our School Meals program appears to be headed next year: back to pre-pandemic days. Looks like we’ll again be asking families that may qualify for free and reduced-price meals to please apply (you’ll be able to do that on our website, and in other ways), while other students will pay for meals.

We’re glad that, in the year ahead (the future!), we will again be able to focus primarily on what has always been our core mission: providing the good nutrition that your kids need to learn well in class. That’s what we love doing.

But we also know that the challenges of our pandemic-era operations—shortages, supply chain tie-ups, rising costs for food, material, and energy, etc.—will still be there. Your family faces those challenges, too, so you know what we’re saying. And like your family, we’re going to face those challenges head on and do what we have to do for kids.

Nothing is written in stone yet, but we wanted to give you a heads up, so you can make plans to get ahead of the curve. We’ll continue to keep our families posted with any program updates though the summer and into next school year.

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### Strawberry Week!

**Breakfast**
- Assorted Muffins

**Lunch**
- Grilled Chicken Fiesta Sandwich
- Steam Carrots
- Mixed Fruit

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**Breakfast**
- Mini Breakfast Bites

**Lunch**
- Cheesy Breadsticks
- Roasted Asparagus
- Black Bean Salad
- Applesauce

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**Breakfast**
- Mini Pancakes

**Lunch**
- Teriyaki Meatballs w/Brown Rice & Dinner Roll
- Mixed Vegetables
- Mandarin Oranges

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**Breakfast**
- Mini Waffles

**Lunch**
- Cheese Pizza
- OR Red, White & Blue Strawberry Chicken Salad
- Carrot Craisin Salad
- Strawberry Mango Icy

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**Breakfast**
- Pigglestick (Pancake Wrapped Turkey Sausage)

**Lunch**
- Manager’s Choice Side Caesar Salad
- Curly Fries
- Black Bean Salad
- Raisins

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**Breakfast**
- Assorted Muffins

**Lunch**
- Grilled Chicken Fiesta Sandwich
- Steamed Carrots
- Mixed Fruit

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**Breakfast**
- Stuffed Crust Pizza

**Lunch**
- Chicken Patty Sandwich
- Peas
- Frozen Strawberry Cups

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**Breakfast**
- Assorted Breakfast Breads

**Lunch**
- Chicken Patty Sandwich
- Peas
- Frozen Strawberry Cups

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**Breakfast**
- Mini Waffles

**Lunch**
- Cheesy Breadsticks
- Mixed Vegetables
- Buffalo Hummus w/Fresh Vegetables
- Strawberries & Oranges

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**Breakfast**
- Mini Pancakes

**Lunch**
- Teriyaki Meatballs w/Brown Rice & Dinner Roll
- Mixed Vegetables
- Mandarin Oranges

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**Breakfast**
- Cereal Bar w/Graham Cracker

**Lunch**
- Chicken Drumstick w/Pasta Salad
- Curly Fries
- Black Bean Salad
- Raisins

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### Nutrition to Go

**Strawberry Week!**

**Breakfast**
- Assorted Muffins

**Lunch**
- Grilled Chicken Fiesta Sandwich
- Steamed Carrots
- Mixed Fruit

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**Breakfast**
- Mini Pancakes

**Lunch**
- Teriyaki Meatballs w/Brown Rice & Dinner Roll
- Mixed Vegetables
- Mandarin Oranges

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**Breakfast**
- Mini Waffles

**Lunch**
- Cheese Pizza
- OR Red, White & Blue Strawberry Chicken Salad
- Carrot Craisin Salad
- Strawberry Mango Icy

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**Breakfast**
- Cereal Bar w/Graham Cracker

**Lunch**
- Chicken Drumstick w/Pasta Salad
- Curly Fries
- Black Bean Salad
- Raisins

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### Memorial Day

**Breakfast**
- Cereal w/Graham Cracker

**Lunch**
- Chicken Nuggets w/Cheez-Its Steamed Carrots
- Mixed Fruit

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**Breakfast**
- Cereal w/Graham Cracker

**Lunch**
- Chicken Nuggets w/Cheez-Its Steamed Carrots
- Mixed Fruit

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### Strawberry Week!

**Breakfast**
- Cereal w/Graham Cracker

**Lunch**
- Chicken Nuggets w/Cheez-Its Steamed Carrots
- Mixed Fruit

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### Strawberry Week!

**Breakfast**
- Cereal w/Graham Cracker

**Lunch**
- Chicken Nuggets w/Cheez-Its Steamed Carrots
- Mixed Fruit

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### Strawberry Week!

**Breakfast**
- Cereal w/Graham Cracker

**Lunch**
- Chicken Nuggets w/Cheez-Its Steamed Carrots
- Mixed Fruit

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## A Quick Bite for Parents

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.