

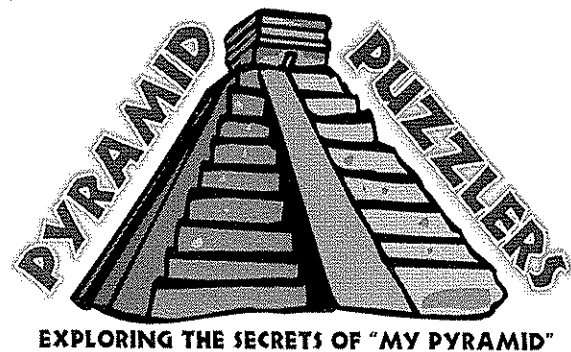
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COOK FRESH.

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!



Q: How is a strawberry like the flag of Italy?

A: As strawberries grow and ripen, they turn from green to white to red - just like the Italian flag! Strawberries are at their sweetest, juiciest best in spring, and just 8 medium berries provide 140% of the daily vitamin C you need!

LEARN MORE AT WWW.MYPYRAMID.GOV OR WWW.KIDSHEALTH.ORG/KID/STAY_HEALTHY/

Monday, May 2

Lunch
 BBQ Rib-7
 on Hoagie-30
 Crisp Pickles-0
 Sweet Corn-8
 Chilled Fruit-18

Tuesday, May 3

Lunch
 32-Bosco Sticks w/
 Pizza Sauce-6
 Popeye Salad-4
 Ranch Dressing-1
 Mixed Fruit-18

Wednesday, May 4

Lunch
 Mini Twin
 Cheeseburgers-42
 Potato Coins-20
 Fresh Apple-18

Thursday, May 5

Lunch
Cinco de Mayo
 21-Soft Beef-2 Taco
 w/ Lettuce-1 and
 Cheese-1
 12-Tortilla Chip with
 Salsa-2
 Veggie Sticks-4
 Chilled Peaches-19

Friday, May 6

Lunch
 Stuffed Crust
 Cheese Pizza-46
 Mixed Vegetables-8
 Choice of
 Fresh Fruit-22

Monday, May 9

Lunch
 Popcorn Chicken-19
 BBQ Sauce-4
 Whipped Potatoes-24
 Dinner Roll-15
 Orange Smiles-18

Tuesday, May 10

Lunch
 3-Hot Italian Sub-30
 Seasoned Green
 Beans-4
 Diced Peaches 18

**THE NUMBERS
 REPRESENT CARB
 COUNTS:MILK:**

Wednesday, May 11

Lunch
 Brunch for Lunch
 Scrambled Egg w/
 Cheese-7
 Baked Hash Brown-13
 Apple Muffin-29
 Fruit Juice-15

**WHITE-11 CHOCOLATE-30
 VANILLA-30**

Thursday, May 12

Lunch
 Chicken Patty-9
 on Bun-22
 Popeye Salad-4
 Ranch Dressing-1
 Fresh Fruit Cup-22

STRAWBERRY-30

Friday, May 13

Lunch
 Cheese Pizza-36
 4-Toss Salad with
 Dressing-1
 Choice of
 Fresh Fruit-22

Monday, May 16

Lunch

Popcorn Chicken-19
BBQ Sauce-4
Whipped Potatoes-24
Dinner Roll-15
Chilled Peaches-19

Tuesday, May 17

Lunch

BBQ Rib-7 on
Hoagie-30
Crisp Pickles-0
Sweet Peas-12
Applesauce-19
Mini Ice Cream
Sandwich-17

Wednesday, May 18

Lunch

Chicken Patty-9
on Bun-22
Sliced Pickles-0
Ranch seasoned
Potato Wedges-17
Pineapple Cup-17

Thursday, May 19

Lunch

Hot Dog-1 w/
Cheese-1
On Bun-24
Baked Beans-13
Chilled Fresh Fruit-21

Friday, May 20

Lunch

Stuffed Crust
Cheese Pizza-46
Garden Salad-4
Ranch Dressing-1
Cup of Fruit-19

Monday, May 23

Lunch

Fish Filet-15
on Bun-22
Veggie Sticks-4
Ranch Dressing-1
Applesauce -19
Cherry Shape-up-15

Tuesday, May 24

Lunch

French Toast
Sticks-25/Syrup-31
Sausage Links
Hash Brown-
Orange Smiles-21

Wednesday, May 25

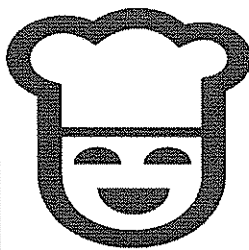
Lunch

Salisbury Steak-6
Fluffy Mash Potatoes-
24 w/Gravy-2
WG Dinner Roll-15
Chilled Peaches-19

Thursday, May 26

Lunch

Cook's Choice



Friday, May 27

Lunch

Cook's Choice

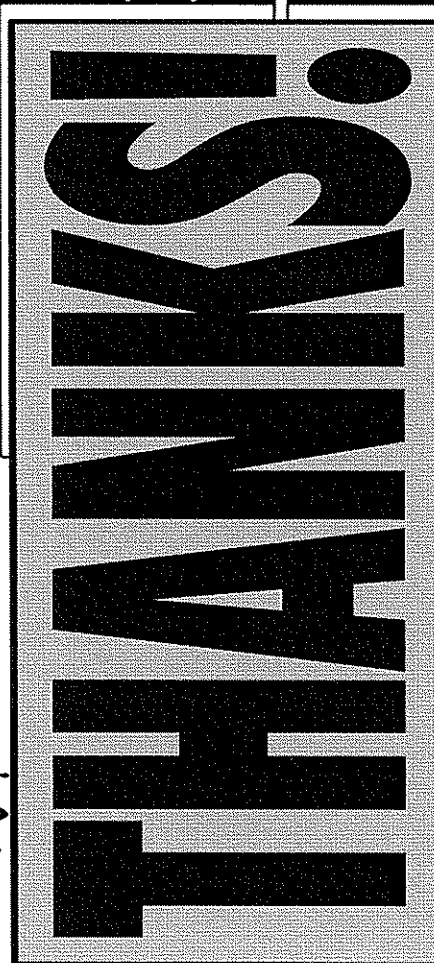
**Have a Fun and
Safe Summer!**

*From
Cristy and Chrissy*

Monday, May 30



Tuesday, May 31



Wednesday, June 1

Thursday, June 2

**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
GRADUA-
TING,
GOOD LUCK
-- WE'LL
MISS YOU!**

Available Daily

Lunch \$2.25 Extra Milk \$0.50 Lebanon City Schools Food Service is dedicated to wellness & nutrition. We serve fresh fruits and vegetables 3-4 times a week. We use turkey products to lower fat percentages, we will offer whole grain breads and healthy snacks. Water is available to purchase through the cafeteria. We will offer only prepackaged Uncrustable PB&J sandwiches to avoid cross contamination. In addition to our daily entrees, we will offer the following: choose one Salads•Soft pretzel, yogurt & cheese sauce• Hotdog on bun Uncrustable PB&J sandwich. Vegetable, fruit & milk available with all purchased lunches. Milk Included with Lunch Menus are subject to change.