



Food Focus: If you have not tried kale yet, now may be the time. Packed with nutrients, it is one of the world's healthiest foods. The nutrients it contains support healthy skin, hair, and bones, also enhances digestion and contributes to cardiovascular health. The nutrients in kale can help prevent a range of health problems. A very

Community High School & Pathways To Success Lunch Menu May 20 - May 24, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
create	Fried Chicken <i>Oven Fried Chicken Drum</i> <i>Potatoes Au Gratin</i>	Domino's Pizza	Chickendipity w/Dipping Sauce <i>Chicken Tenders</i> <i>Spicy Southwestern Ranch Dipping Sauce</i>	Nachos	KFC Bowl <i>Popcorn Chicken</i> <i>Sweet Corn on the Cob</i>
	<i>Sesame Green Beans</i> <i>Dinner Roll</i>		<i>Sweet & Sour Sauce</i> <i>Baked Fries</i>		<i>Potatoes and Gravy</i> <i>Dinner Roll</i>
Hamburger and Cheeseburger offered Daily					
grilled	Italian Supreme Turkey Panini <i>Tatar Tots</i>	Chickendipity Cajun Wrap <i>Baked Fries</i>	Ham & Swiss on Ciabatta <i>Baked Fries</i>	Chicken Bacon Cheddar Melt <i>Baked Fries</i>	Bosco w/Pizza Sauce <i>Tater Tots</i>
EXTRA! EXTRA!	<i>Lettuce & Tomato Salad</i> <i>Garbanzo Beans</i> <i>Assorted Chill Fruit</i>	<i>Broccoli Ranch Salad with Carrots</i> <i>Red Bell Pepper Strips</i> <i>Assorted Chill Fruit</i>	<i>Green Bean Salad</i> <i>Fresh Celery Sticks</i> <i>Assorted Chill Fruit</i>	<i>Caesar Salad</i> <i>Green Peas</i> <i>Assorted Chill Fruit</i>	<i>Corn Salad with Ranch</i> <i>Fresh Cherry Tomatoes</i> <i>Assorted Chill Fruit</i>
	<i>Fresh Whole Fruit</i>	<i>Fresh Whole Fruit</i>	<i>Fresh Whole Fruit</i>	<i>Fresh Whole Fruit</i>	<i>Fresh Whole Fruit</i>

This Institution is an equal opportunity provider.

= "Farm to School" Local Produce

"Simply Good" Food Focuses: All items in color are our "Simply Good" Food Focuses for **May**. This month our nutrition education focuses are on the health benefits of **Kale**

A full student lunch includes a choice of entrée supplying protein and grain, two (2) vegetable side dishes, two (2) fruit side dishes, and a choice of milk. Milk choices include skim white and skim chocolate.

