









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 May 6 - May 10, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
create	Pasta Bar <i>Marinara Sauce</i> <i>Alfredo Sauce</i> <i>Seasoned Peas</i> <i>Dinner Roll</i>	Domino's Pizza	General Tso's <i>Fried Rice</i> <i>Asian Vegetable Blend</i> <i>Sesame Bread Stick</i>	Nachos	Hot Dog Bar <i>Beef Hot Dogs</i> <i>Cheddar Cheese</i> <i>Baked Fries</i> <i>Toppings</i>
	Hamburger and Cheeseburger Offered Daily				
grilled	Turkey Melt <i>Crinkle Fries</i>	Swedish Meatball Sub <i>Tater Tots</i>	Black bean Burger <i>Waffle Fries</i>	Italian Chicken Parm Sandwich <i>Potato Wedges</i>	Turkey Reuben <i>Tater Tots</i>
	<i>Mixed Green Salad</i> <i>Fresh Carrots</i> <i>Assorted Chilled Fruit</i>  <i>Fresh Whole Fruit</i>	<i>Sesame Broccoli Salad</i> <i>Red Bell Peppers Strip</i> <i>Assorted Chilled Fruit</i>  <i>Fresh Whole Fruit</i>	<i>Corn & Pepper Salad</i> <i>Garbanzo Beans</i> <i>Assorted Chilled Fruit</i>  <i>Fresh Whole Fruit</i>	<i>Chilled Kidney Bean Salad</i> <i>Fresh Green Peppers</i> <i>Assorted Chilled Fruit</i>  <i>Fresh Whole Fruit</i>	<i>Mixed Green Salad</i> <i>Sliced Cucumbers</i> <i>Assorted Chilled 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



