

Menus for May 2012

Liberty County Elementary School
"This institution is an equal opportunity"



Available Daily

Choice of milk served with all complete meals:

- Skim Milk
- 1% White Milk
- Fat Free Chocolate Milk
- Fat Free Strawberry Milk

I am the letter

J



jar

Tuesday, May 1

Breakfast

- Sausage Patty
- Biscuit
- Scrambled Eggs
- Assorted Cereal/ Toast/Jelly
- Fruit Juice

Lunch

1. Chicken Sandwich
2. Spaghetti Breadstick
- Garden Salad
- Peach Cobbler
3. Chicken Chef
4. Grab-N-Go Ham

Wednesday, May 2

Breakfast

- Pancake Poppers
- Assorted Cereal/ Toast/Jelly
- Fruit

Lunch

1. American Sub
2. Beefy Nachos
- Garden Salad
- Spanish Rice
- Pears
3. Southwest Salad
4. Grab-N-Go PB&J

Thursday, May 3

Breakfast

- Blueberry Muffin
- Yogurt
- Assorted Cereal/ Toast/Jelly
- Fruit

Lunch

1. Ham & Cheese Croissant
2. Chicken Tenders w/ Cornbread
- Macaroni & Cheese
- Cabbage
- Peaches/ / Cookie
3. Turkey Chef
4. Grab-N-GO Ham

Friday, May 4

No School

Monday, May 7

Breakfast

- Breakfast in a Cup
- Assorted Cereal/ Toast/Jelly
- Fruit

Lunch

1. Hot Dog
2. Jambalaya
- Rice Pilaf
- Peas
- Mandarin Oranges/ Juice Bar
3. Tuna Salad
4. Grab-N-Go Turkey

Tuesday, May 8

Breakfast

- Breakfast Pizza Bagel
- Assorted Cereal/ Toast/Jelly
- Fruit Juice

Lunch

1. Chicken Pot Pie
2. BBQ
- Garden Salad
- Fruit
- Jello
3. Chicken Chef
4. Grab-N-Go Ham

Wednesday, May 9

Breakfast

- Cinnamon Bun
- Yogurt
- Assorted Cereal
- Graham Crackers
- Fruit

Lunch

1. Grilled Cheese
2. Lasagna
- Breadstick
- Garden Salad
- Marinara Sauce
- Fruit / Cookie
3. Southwest Salad
4. Grab-N-Go PB&J

Thursday, May 10

Breakfast

- Chicken Patty
- Biscuit
- Assorted Cereal
- Muffin & Jelly
- Fruit Juice

Lunch

1. Ham & Cheese Croissant
2. Chicken Nuggets
- Cornbread
- Rice / Collards
- Peach Cobbler
3. Turkey Chef
4. Grab-N-Go Ham

Friday, May 11

Breakfast

- Pancake on a Stick
- Scrambled Eggs
- Assorted Cereal/ Toast/Jelly
- Syrup
- Fruit

Lunch

1. Sloppy Joes
2. Fish Sandwich
- Pork & Beans
- Coleslaw
- Fruit Halves
3. Chicken Salad
4. Grab-N-Go Turkey

eyes on the PRIZE



Flamingo parents not only share the "chick-rearing" duties, they both also produce a thick liquid called "crop milk" that they feed to their babies.

MOTHER'S DAY - MAY 13, 2012
FATHER'S DAY - JUNE 17, 2012

Monday, May 14

Breakfast
 Chicken Biscuit
 Assorted Cereal
 Toast
 Jelly
 Fruit

Lunch
 1. Hot Dog
 2. Sweet & Sour
 Chicken / Rice
 Pork & Veg. Eggroll
 Oriental Vegetables
 Parfait Pudding w/
 Fruit
 3. Tuna Salad
 4. Grab-N-Go Turkey

Tuesday, May 15

Breakfast
 French Toast Sticks
 Sausage Link
 Assorted Cereal/
 Toast/Jelly
 Syrup
 Fruit

Lunch
 1. Chicken Sandwich
 2. Pork Chop
 Mashed Potatoes
 Peas & Carrots
 Roll & Fruit
 3. Chicken Chef
 4. Grab-N-Go Ham

Wednesday, May 16

Breakfast
 Sausage & Cheese
 Croissant
 Assorted Cereal/
 Toast/Jelly
 Fruit

Lunch
 1. BBQ
 2. Pepperoni Pizza
 Oven Baked Fries
 Broccoli
 Fruit Halves
 Ice Cream
 3. Southwest Salad
 4. Grab-N-Go PB&J

Thursday, May 17

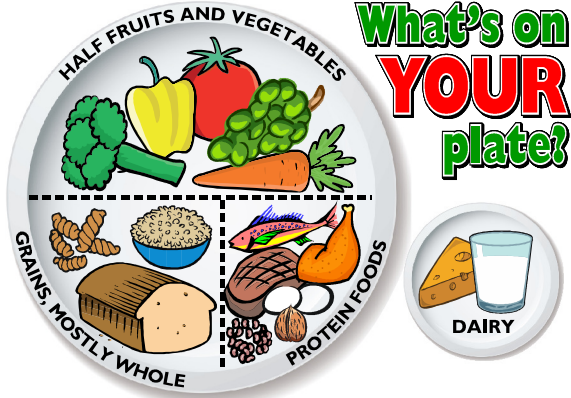
Breakfast
 Cinnamon Roll
 Yogurt
 Assorted Cereal
 Graham Crackers
 Fruit

Lunch
 1. Ham & Cheese
 Croissant
 2. Savory Baked
 Chicken/ Rolls
 Rice Pilaf
 Green Beans
 Cookie
 3. Turkey Chef
 4. Grab-N-Go Ham

Friday, May 18

Breakfast
 Steak Patty
 Biscuit
 Assorted Cereal
 Blueberry Muffin
 Jelly
 Fruit Juice

Lunch
 1. Sloppy Joes
 2. Chili w/Scoops
 Corn
 Pears
 Pudding
 3. Chicken Salad
 4. Grab-N-Go Turkey



Berry Brush

Monday, May 21

Breakfast
 Pancakes
 Ham Patty
 Assorted Cereal/
 Toast/Jelly
 Syrup
 Fruit Juice

Lunch
 1. Hot Dog
 2. Chicken Pot Pie
 Garden Salad
 Fruit
 Brownie
 or
 Grab-N-Go Turkey

Tuesday, May 22

Breakfast
 Sausage Patty
 Biscuit
 Scrambled Eggs
 Assorted Cereal/
 Toast/Jelly
 Fruit Juice

Lunch
 1. Chicken Sandwich
 OR
 2. BBQ
 Fries
 Fruit
 Sherbert
 or
 Grab-N-Go Ham

Wednesday, May 23

Breakfast
 Breakfast Bagel
 Assorted Cereal
 Toast
 Jelly
 Fruit

Lunch
 1. Turkey Ciabatta
 2. Chicken Fajitas
 Spanish Rice
 Corn
 Fruit
 Or
 Grab-N-Go PB&J

Thursday, May 24

Breakfast
 Muffin / Yogurt
 Assorted Cereal
 Toast
 Jelly
 Fruit

Lunch
 BAG
 LUNCH

Friday, May 25

NO SCHOOL

Strawberries don't only belong on your plate -- they make great toothpaste, too, especially for whitening teeth and removing stains. The seeds in strawberries act as a mild abrasive, and strawberries also contain a chemical called malic acid that removes stains. Want to try? Just mash a strawberry with a little baking soda and then brush the mixture on. Let the berry goo sit on your teeth

for five minutes or so, and then brush normally. "Berry Brush" once a week for bright and shiny teeth! Tastes good, too!

Learn more at www.CHOOSMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Pay for meals on-line at

my LunchMoney .com

Breakfast \$1.00

Lunch \$1.55

Providing parents a secure way to manage school life

YOUR ASSIGNMENT

Have a GREAT summer!
 If you're graduating, best of luck.
 If not, we'll see you in a few months!