

# Menus for May 2025



## Pre K Counts Menu

This institution is an equal opportunity provider. Menus are subject to change.

★ OUR NATION'S HISTORY ★

### Our Nation's Sweet Tooth

**Annual consumption of added sugar by the average American 1822-2005**

Source: Dr. Stephan Guyenet, Whole Health Source

In 1822, it took the average American 5 days to eat the amount of added sugar that's in one 12-oz. can of soda. In the twenty-first century, on average, we eat that much added sugar every 7 hours!

★ WITH LIBERTY & JUSTICE FOR ALL ★

Thursday, May 1

### Breakfast

Milk, fruit  
Assorted cereal

### Lunch

Cheesesteak hoagie  
Sun chips  
Garlicky green beans  
Peaches

Friday, May 2

### Breakfast

Juice, fruit  
Assorted muffins

### Lunch

Chicken alfredo, bread stick  
Penne pasta  
Steamed broccoli  
Chocolate cookies

# CINCO de MAYO

**C**inco de Mayo (Spanish for "May Fifth") is a time to celebrate Mexican-American food and culture in the U.S. It's a much bigger deal here than it is in Mexico!

Monday, May 5

### Breakfast

Milk, fruit  
Assorted cereal

### Lunch

Chicken quesadilla w/ salsa  
Mexican rice and beans  
Fiesta corn  
Tropical fruit salad

Tuesday, May 6

### Breakfast

Juice, fruit  
Assorted muffins

### Lunch

French toast sticks w/ syrup  
Sausage patty  
Hash brown patty  
Orange smiles

Wednesday, May 7

### Breakfast

Milk, fruit  
Assorted cereal

### Lunch

Beef rib-b-q on bun  
Onion rings  
Green peas  
Mixed fruit

Thursday, May 8

### Breakfast

Juice, fruit  
Assorted muffins

### Lunch

Hot honey sriracha chicken  
Rice pilaf  
Carrots  
Cinnamon apple slices

Friday, May 9

### Breakfast

Milk, fruit  
Assorted cereal

### Lunch

Galaxy mini pizzas  
Cucumber slices with ranch  
Scoops chips with salsa  
Strawberry Go-Gurt

Monday, May 12

**Breakfast**

Juice, fruit  
Assorted muffins

**Lunch**

General Tso's chicken  
White rice  
Steamed broccoli  
Mandarin oranges

Tuesday, May 13

**Breakfast**

Milk, fruit  
Assorted cereal

**Lunch**

Meatball sub w/ mozzarella  
Tomato sauce, baked chips  
Steamed green beans  
Ice cream cup

Wednesday, May 14

**Breakfast**

Juice, fruit  
Assorted muffins

**Lunch**

BBQ grilled chicken on bun  
Sweet potato fries  
Baked beans  
Sliced pears

Thursday, May 15

**Breakfast**

Milk, fruit  
Assorted cereal

**Lunch**

Pepperoni Stromboli  
Marinara sauce, garlic knot  
Romaine salad with dressing  
Mixed fruit

Friday, May 16

**Breakfast**

Juice, fruit  
Assorted muffins

**Lunch**

Ham and cheese on Kaiser  
Doritos  
Lettuce, tomato, pickles  
School cookie



Monday, May 19

**Breakfast**

Milk, fruit  
Assorted cereal

**Lunch**

Popcorn chicken, dinner roll  
Scalloped potatoes  
Steamed green peas  
Diced peaches

Tuesday, May 20

**Breakfast**

Juice, fruit  
Assorted muffins

**Lunch**

Taco Tuesday, rice, corn  
Salsa, lettuce, tomato  
Sour cream, cheddar cheese  
Applesauce cup

Wednesday, May 21

**Breakfast**

Milk, fruit  
Assorted cereal

**Lunch**

Max cheese filled sticks  
Fritos corn chips  
Marinara sauce, salad  
Fresh fruit selection

Thursday, May 22

**Breakfast**

Juice, fruit  
Assorted muffins

**Lunch**

Oven grilled chili dogs  
Chips, baked beans  
Sliced apples, Side Kick ice  
Lemonade

Friday, May 23

**Breakfast**

Milk, fruit  
Assorted cereal

**Lunch**

Act 80  
Early dismissal  
No lunches served  
Today

Monday, May 26



Tuesday, May 27

**Breakfast**

Milk, fruit  
Assorted cereal

**Lunch**

Chicken nuggets w/ bread  
Parsley potatoes  
Peas and carrots  
Sliced pears

Wednesday, May 28

**Breakfast**

Juice, fruit  
Assorted muffins

**Lunch**

Buffalo chicken cheesesteak  
Hot sauce, ranch, oven fries  
Celery and carrot sticks  
Strawberry fruit cup

Thursday, May 29

**Breakfast**

Milk, fruit  
Assorted cereal

**Lunch**

Cheeseburger on bun  
Baked chips  
Lettuce, tomato, pickles  
Berries and cream

Friday, May 30

**Breakfast**

Juice, fruit  
Assorted muffins

**Lunch**

Personal pan pizza  
Fries  
Steamed green beans  
Peaches

