

Menus for  
**May**  
2017

**Rockbridge County  
Public Schools  
Rockbridge County High**

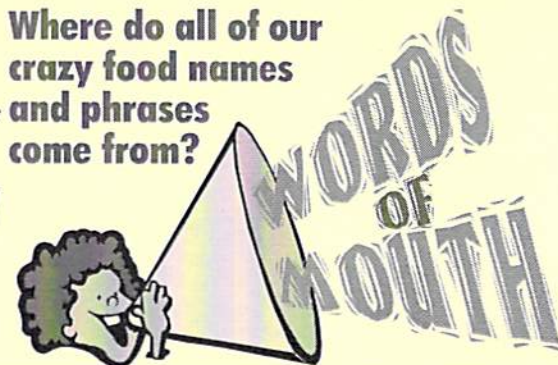
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# SCHOOL LUNCH SUPERHERO DAY MAY 5TH



**AND  
SCHOOL  
NUTRITION  
EMPLOYEE  
APPRECIATION  
WEEK  
MAY 1-5**

Where do all of our  
crazy food names  
and phrases  
come from?



This month: **"Selling like Hot Cakes"**

**Monday, May 1**

**Breakfast**  
Mini Pancakes  
Fruit and 100% Juice  
Choice of Milk

**Lunch**  
Pizza or  
Chicken Patty  
Green Beans  
Potato Wedges  
Choice of Fruit  
Choice of Milk

**Tuesday, May 2**

**Breakfast**  
Bacon/Egg/Cheese Toast  
Fruit and 100% Juice  
Choice of Milk

**Lunch**  
Pork BBQ on Bun  
Or Hot Dog on Bun  
Cole Slaw  
Baked Beans  
Choice of Fruit  
Choice of Milk

**Wednesday, May 3**

**Breakfast**  
Frudel  
Fruit and 100% Juice  
Choice of Milk

**Lunch**  
Cheeseburger or  
Hot Ham & Cheese Croissant  
Mixed Vegetables  
Tomato Cup  
Choice of Fruit  
Choice of Milk

**Thursday, May 4**

**Breakfast**  
Chicken Biscuit  
Fruit and 100% Juice  
Choice of Milk

**Lunch**  
French Toast w/ Sausage  
Or Biscuit w/Gravy &  
Sausage  
Hash Brown Patty  
Baby Carrots (Dip Optional)  
Choice of Fruit  
Choice of Milk

**Friday, May 5**

**Breakfast**  
Waffles  
Fruit and 100% Juice  
Choice of Milk

**Lunch**  
Chicken Nuggets w/Roll  
Or Hamburger Steak w/  
Gravy  
Mashed Potatoes Broccoli  
Choice of Fruit  
Choice of Milk

When a product is in great demand, we say it's "selling like hot cakes." The phrase probably stems from the days when Hot cakes (also called pancakes or flapjacks) were so popular at events like county fairs and church socials that the cooks couldn't make them fast enough to satisfy everyone!

**Monday, May 8**

**Breakfast**  
Bacon/Egg/Cheese Toast  
Fruit and 100% Juice  
Choice of Milk

**Lunch**  
Popcorn Chicken  
Or Turkey Sub  
Tomato Cup (Dip Optional)  
Green Beans  
Choice of Fruit  
Choice of Milk

**Tuesday, May 9**

**Breakfast**  
Egg Biscuit  
Fruit and 100% Juice  
Choice of Milk

**Lunch**  
Cheeseburger on Bun  
Or Corn Dog Nuggets  
Baby Carrots (Dip Optional)  
Potato Wedges  
Choice of Fruit  
Choice of Milk

**Wednesday, May 10**

**Breakfast**  
Mini Cream Cheese Bagels  
Fruit and 100% Juice  
Choice of Milk

**Lunch**  
Chicken w/Cheese Quesadilla  
Or Pizza  
Refried Beans  
Cucumber Wedges  
Choice of Fruit  
Choice of Milk

**Thursday, May 11**

**Breakfast**  
Cheese Toast  
Fruit and 100% Juice  
Choice of Milk

**Lunch**  
Ham & Cheese Sub  
Cheese Sticks w/Sauce  
Baked Sweet Potatoes  
Fresh Broccoli (Dip Opt.)  
Choice of Fruit  
Choice of Milk

**Friday, May 12**

**Breakfast**  
Pancake/Sausage on a Stick  
Fruit and 100% Juice  
Choice of Milk

**Lunch**  
Taco Bowl w/Scoops  
Or Burrito  
Seasoned Black Beans  
Corn  
Choice of Fruit  
Choice of Milk

**Thanks, Mom!**

**Happy Mother's Day  
Sunday, May 14**




**DON'T GET!**

Take at least **ONE FRUIT** or **VEGGIE** and at least **THREE** items total so your meal counts as a complete lunch!

**★ OUR NATION'S HISTORY ★**

The American poet and journalist Walt Whitman, one of our country's most original and most acclaimed writers, was born on May 31, 1819 on Long Island in New York State. He began work on his masterpiece, a collection of poems entitled *Leaves of Grass*, before 1850 and continually revised and added to the book until his death in 1892. He is considered the first truly American poet, and is particularly remembered for poems like "Song of Myself" and "Oh Captain, My Captain!," which he wrote upon the assassination of President Abraham Lincoln. Whitman also volunteered in Army hospitals during the American Civil War, helping to care for wounded soldiers.



**★ WITH LIBERTY & JUSTICE FOR ALL ★**

**What's on YOUR plate?**

**HALF FRUITS AND VEGETABLES**  
**GRAINS, MOSTLY WHOLE**  
**PROTEIN FOODS**  
**DAIRY**

**Always try to score 100%!**



The healthiest – and tastiest! – bread you can eat is the kind that says "100% whole wheat." Check out a loaf of the bread you usually eat. Does it say "100%" on the front label? Is "whole wheat flour" the first ingredient listed? Does the "Nutrition Facts" label say that the bread has at least 2 grams of fiber per slice? If you answered yes to all 3 questions, congratulations – you score 100%! If you didn't answer yes to all three, give 100% whole wheat bread a try!

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

**Monday, May 15**

**Breakfast**  
Blueberry Muffin  
Fruit and 100% Juice  
Choice of Milk

**Lunch**  
Pizza or  
Hamburger  
Sweet Potato Fries  
Mixed Vegetables  
Choice of Fruit  
Choice of Milk

**Tuesday, May 16**

**Breakfast**  
Chicken Biscuit  
Fruit and 100% Juice  
Choice of Milk

**Lunch**  
Spaghetti w/Roll  
Or Cheese Sticks w/Sauce  
Romaine Salad  
Seasoned Corn  
Choice of Fruit  
Choice of Milk

**Wednesday, May 17**

**Breakfast**  
Pancakes  
Fruit and 100% Juice  
Choice of Milk

**Lunch**  
Corn Dog Nuggets  
Or Ham & Cheese Sub  
Peas  
Tomato Cup  
Choice of Fruit  
Choice of Milk

**Thursday, May 18**

**Breakfast**  
Bacon, Egg, Cheese Toast  
Fruit and 100% Juice  
Choice of Milk

**Lunch**  
Popcorn Chicken  
Or Hamburger Steak w/  
Gravy and Roll  
Mashed Potatoes  
Green Beans  
Choice of Fruit  
Choice of Milk

**Friday, May 19**

**Breakfast**  
French Toast Sticks  
Fruit and 100% Juice  
Choice of Milk

**Lunch**  
Pork BBQ on Bun  
Or Hot Dog on Bun  
Baked Beans  
Cole Slaw  
Choice of Fruit  
Choice of Milk

**Monday, May 22**

**Breakfast**  
Sausage Biscuit  
Fruit and 100% Juice  
Choice of Milk

**Lunch**  
Pizza or  
Chicken Patty on Bun  
Mixed Vegetables  
Potato Tots  
Choice of Fruit  
Choice of Milk

**Tuesday, May 23**

**Breakfast**  
Muffin  
Fruit and 100% Juice  
Choice of Milk

**Lunch**  
Burrito or  
Turkey Sandwich  
Green Beans  
Seasoned Corn  
Choice of Fruit  
Choice of Milk

**Wednesday, May 24**

**Breakfast**  
Cereal Bar  
Fruit and 100% Juice  
Choice of Milk

**Lunch**  
Pizza or  
Hamburger on Bun  
French Fries  
Fresh Veggies  
Choice of Fruit  
Choice of Milk

**Thursday, May 25**

The USDA Summer Meals Hotline: 1-866-3-HUNGRY or 1-877-8-HAMBRE.

Families will receive assistance to find the location, meal times, and contact information for summer meals based on their full address, city, and/or zip code. The summer meals finder is located at <http://www.fns.usda.gov/summerfoodrocks>. This website is easy for families to use as they can access summer meal locations by entering their zip code. This service will begin May 15 and information will be updated throughout the summer.

**Friday, May 26**

**All Kids Eat Free!**

No paperwork necessary must be 18 or under




**Smile.**  
It's summertime.  
We'll see you next year. Enjoy!