

PERU Middle School & High School

menus
for

MAY

2021

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

Available Daily

BREAKFAST

Milk & Fruit plus...

Assorted Pillsbury Minis,
Breakfast Bread, Muffin,
Cereal, Breakfast Bars and
more!

SCHOOL LUNCH HERO DAY MAY 3RD

AND SCHOOL NUTRITION EMPLOYEE APPRECIATION MONTH

Monday, May 3

Lunch

Chicken Patty
Sandwich
Veggie/Fruit
Milk

Tuesday, May 4

Lunch

Pizza
Veggie/Fruit
Milk

Wednesday, May 5

Lunch

Yogurt &
Cheese Stick
Crackers
Veggie/Fruit
Milk

Thursday, May 6

Lunch

Chicken Patty
Sandwich
Veggie/Fruit
Milk

Friday, May 7

Lunch

Pizza
Veggie/Fruit
Milk

Monday, May 10

Lunch

Hamburger or
Cheeseburger
Veggie/Fruit
Milk

Tuesday, May 11

Lunch

Pizza
Veggie/Fruit
Milk

Wednesday, May 12

Lunch

Yogurt &
Cheese Stick
Crackers
Veggie/Fruit
Milk

Thursday, May 13

Lunch

Hamburger or
Cheeseburger
Veggie/Fruit
Milk

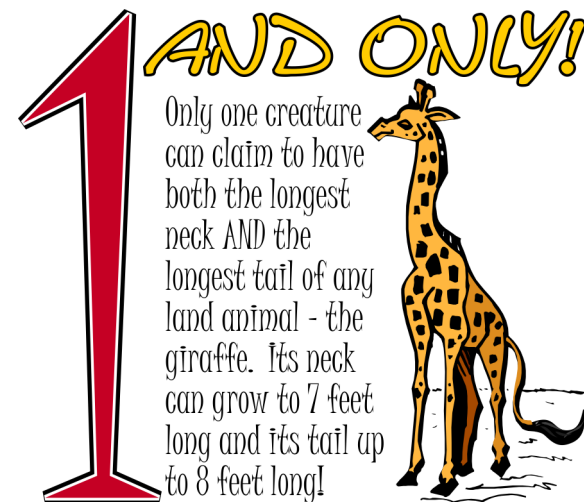
Friday, May 14

Lunch

Pizza
Veggie/Fruit
Milk



Your name is so big on this page because
your influence is so big in our lives and
your place is so big in our hearts.
Mother's Day * Sunday, May 9



Only one creature
can claim to have
both the longest
neck AND the
longest tail of any
land animal - the
giraffe. Its neck
can grow to 7 feet
long and its tail up
to 8 feet long!

Monday, May 17

Lunch
 Brunch For Lunch
 French Toast
 Minis
 Fruit/Veggie
 Milk

Tuesday, May 18

Lunch
 Pizza
 Veggie/Fruit
 Milk

Wednesday, May 19

Lunch
 Yogurt &
 Cheese Stick
 Crackers
 Veggie/Fruit
 Milk

Thursday, May 20

Lunch
 Brunch For Lunch
 French Toast
 Minis
 Fruit/Veggie
 Milk

Friday, May 21

Lunch
 Pizza
 Veggie/Fruit
 Milk

Monday, May 24

Lunch
 Cook's Choice

Menu
 To Be
 Announced

Tuesday, May 25

Lunch
 Cook's Choice

Menu
 To Be
 Announced

Wednesday, May 26

**Give Back
 Snow Day**

Thursday, May 27

**Give Back
 Snow Day**

Friday, May 28

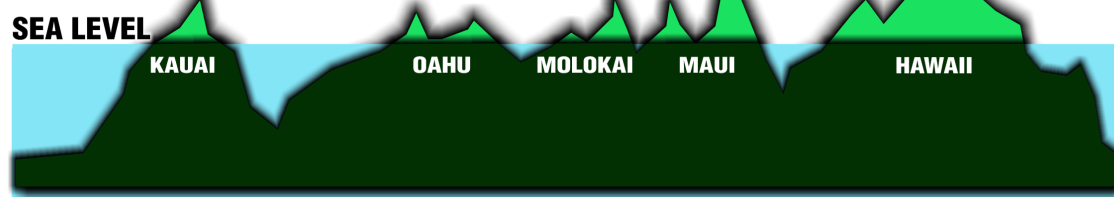
**Give Back
 Snow Day**

Monday, May 31



MEMORIAL DAY
 NO SCHOOL TODAY

**STRANGE
 BUT TRUE!**



THE HAWAIIAN ISLANDS ARE ACTUALLY THE EXPOSED TOPS OF THE **WORLD'S HIGHEST MOUNTAINS**. THE TALLEST, MAUNA KEA, MEASURES NEARLY 14,000 FEET ABOVE SEA LEVEL, BUT FROM ITS BASE TO ITS PEAK IT TOWERS 33,000 FEET -- **4,000 FEET HIGHER THAN MT. EVEREST!**

HELP!

We need folks like you to work in our school restaurants. Good hours, great folks, and the chance to prepare and serve meals that help kids stay ready to learn.

Call 643-6026



What's on **YOUR** plate?

Q: In ancient Egypt, which vegetable did people place their hand on when they swore an oath?



A: This is one from the time of the pyramids! Ancient Egyptians swore on an onion, because they believed the onion's round shape represented eternity and truth.

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

Don't be fooled by the apron.

There are special folks on the staff at our school whose job is to help improve students' concentration and classroom participation, increase standardized test scores, and make sure our kids stay healthy and ready to learn. And, amazingly, these members of our educational team perform all of these impressive feats while wearing an apron!

Our child nutrition employees may not see the inside of a classroom very often, but they do make a daily contribution to your child's educational success.

It's really a very simple recipe: research shows that kids who eat well learn better. So the hard work that gets done in our school restaurants every day isn't just about preparing and serving meals to our kids. It's also about helping to make good education possible.

We're proud of the people who do all of that hard work, largely unseen by parents, students, and other staff members. Please join us in saying thanks to our dedicated employees during this year's School Nutrition Employee Appreciation Week, May 6-10. And don't be fooled by the aprons – these folks help work miracles for our kids every day!

School Meals
We serve education every day™



REMOTE VEGUCATION

Are you wondering how to use the food sent home for your child while they are remote?

Join the experienced educators (and parents!) of Cornell Cooperative Extension for ideas and tips, including food prep ideas for the whole family.

We are offering a new series on Facebook for parents of school aged kids- qualifying parents who complete the series can receive kitchen tools to recreate the recipes at home! Join today! scan QR code below

Watch for CCE videos highlighting food from the school- for some fresh ideas!



KIDS! Join us daily for the original value meal!

All of our complete meals are always

NO CHARGE for all students

Meal Delivery

Meals for 100% Remote Students will be delivered to homes on Wednesdays. Sign-up by calling 643-6026 or email: jkerr@perucsd.org

Go Home Meals

Middle & High School Students

While attending school, students can take meals home with them. They will include 3 of the 5 days listed to the right.

Breakfast
Oatmeal Round
Blueberries 1/2C
Milk

Lunch
Meatball Sub
Meatballs-4
Sub Roll
Marinara Sauce 1/2C
Green Beans 1/2 C
Milk

Breakfast
Bagel
Fruit Or Juice
Milk

Lunch
Yogurt & Cheese
Crackers-Goldfish or
Cheez-Itz
Chick Peas 1/2C
Craisins 1/4 C
Milk

Breakfast
Breakfast Bread
Fruit, Canned 1/2 C
Milk

Lunch
Grilled Chicken
Strips
Tortilla Wrap
Peas 1/2C
Raisins-1/4 C
Milk

Breakfast
English Muffin
Juice
Milk

Lunch
Tortilla Chips
Cheese Shr.-2 oz
Beans 1/2C
(*Veggie/Black/Green*)
Salsa 1/4C
Milk

Breakfast
Cereal
Graham Crackers
Applesauce Cup
Milk

Lunch
Pizza Kit
Pizza Shell
Cheese Shr.-2oz
Marinara Sauce 1/4C
Green Beans 1/2C
Milk