



May 2007

Physical Fitness and Sports Month

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 Turkey Taco Salad Boat Baked Glazed Ham w/ Roll Pizzeria Pepperoni Pizza Pizzeria Cheese Pizza Chicken Salad Entrée Chef Salad Entrée Cheeseburger Wheat Turkey, Ham & Cheese Sandwich Steamed White Rice Mac N' Cheese Assorted Fresh Fruit Apple Sour Sauce Frosted Chocolate Cake Choice of Milk	1 So Sesame Chicken Over Rice Beefy Macaroni Casserole w/ Roll Pizzeria Pepperoni Pizza Pizzeria Cheese Pizza Chef Salad Entrée Chicken Salad Entrée Cheeseburger Turkey & Cheese Sandwich On White Bread Peas & Corn Potato Starz Assorted Fresh Fruit Diced Pears Chocolate or Vanilla Pudding Choice of Milk	2 BBQ Chicken Sandwich Buffalo Chicken Wrap Pizzeria Pepperoni Pizza Pizzeria Cheese Pizza Chicken Salad Entrée Chef Salad Entrée Cheeseburger Wheat Turkey, Ham & Cheese Sandwich Mashed Sweet Potatoes Steamed Broccoli Golden French Fries Assorted Fresh Fruit Frosted Yellow Cake Choice of Milk	3 Sloppy Joe on a Bun Pizzeria Pepperoni Pizza Pizzeria Cheese Pizza Chicken Fredo Roll Chef Salad Entrée Chicken Salad Entrée Cheeseburger Turkey & Cheese Sandwich On White Bread Seasoned Corn Mac N' Cheese side dish Golden French Fries Assorted Fresh Fruit Cherry Crisp Choice of Milk	4 Oven Baked Breaded Chicken w/ Dinner Roll Spaghetti Casserole w/ Roll Pizzeria Pepperoni Pizza Pizzeria Cheese Pizza Chicken Salad Entrée Chef Salad Entrée Cheeseburger Wheat Turkey, Ham & Cheese Sandwich Green Peas Steamed White Rice Golden French Fries Assorted Fresh Fruit Sliced Peaches Chocolate Brownies with Frosting Choice of Milk
7 Cheesy Nachos with Beef Chicken Pot Pie Pizzeria Pepperoni Pizza Pizzeria Cheese Pizza Chicken Salad Entrée Chef Salad Entrée Cheeseburger Wheat Turkey & Cheese Sandwich Steamed White Rice Potato Starz Assorted Fresh Fruit Diced Pears Apple Crisp Choice of Milk	8 Ham, Mac & Cheese Meltdown Sliced Roasted Turkey w/ Roll Pizzeria Pepperoni Pizza Pizzeria Cheese Pizza Chef Salad Entrée Chicken Salad Entrée Cheeseburger Turkey, Ham & Cheese Sandwich On White Bread Spinach Greens Golden French Fries Assorted Fresh Fruit Cinnamon Apple Slices Jiggly-Jello Dessert Choice of Milk	9 Buffalo Chicken Wrap Spaghetti Casserole w/ Roll Pizzeria Pepperoni Pizza Pizzeria Cheese Pizza Chicken Salad Entrée Chef Salad Entrée Cheeseburger Wheat Turkey & Cheese Sandwich Steamed White Rice Mac N' Cheese side dish Green Peas Assorted Fresh Fruit Oatmeal Raisin Cookie Choice of Milk	10 Steak Fingers w/ Dinner Roll Pizzeria Pepperoni Pizza Pizzeria Cheese Pizza Chicken Fredo Roll Chef Salad Entrée Chicken Salad Entrée Cheeseburger Turkey, Ham & Cheese Sandwich On White Bread Seasoned Corn Mac N' Cheese side dish Assorted Fresh Fruit Sliced Peaches Chocolate or Vanilla Pudding Choice of Milk	11 BBQ Chicken Sandwich Beef N' Bean Burrito topped with Chili Pizzeria Pepperoni Pizza Pizzeria Cheese Pizza Chicken Salad Entrée Chef Salad Entrée Cheeseburger Wheat Turkey & Cheese Sandwich Baked Beans Steamed White Rice Assorted Fresh Fruit Apple Sour Sauce Strawberry Shortcake Choice of Milk
14 Chicken Ala King & Rice w/ Roll Soft Turkey Taco w/ Cheese, Lettuce & Tomato w/ Rice Pizzeria Pepperoni Pizza Pizzeria Cheese Pizza Chicken Salad Entrée Chef Salad Entrée Cheeseburger Wheat Turkey, Ham & Cheese Sandwich Seasoned Corn Golden French Fries Steamed White Rice Assorted Fresh Fruit Frosted Chocolate Cake Choice of Milk	15 So Sesame Chicken over Rice Sloppy Joe on a Bun Pizzeria Pepperoni Pizza Pizzeria Cheese Pizza Chef Salad Entrée Chicken Salad Entrée Cheeseburger Turkey & Cheese Sandwich On White Bread Glazed Carrot Slices Potato Starz Pineapple Tidbits Assorted Fresh Fruit Apple Crisp Choice of Milk	16 Oven Baked Breaded Chicken w/ Dinner Roll Barbeque Beef Sandwiches Pizzeria Pepperoni Pizza Pizzeria Cheese Pizza Chicken Salad Entrée Chef Salad Entrée Cheeseburger Wheat Turkey, Ham & Cheese Sandwich Green Peas Mac N' Cheese side dish Assorted Fresh Fruit Sliced Peaches Chocolate or Vanilla Pudding Choice of Milk	17 BBQ Chicken Sandwich 1/4 lb. Hot Dog on Bun with Chili and Coleslaw Pizzeria Pepperoni Pizza Pizzeria Cheese Pizza Chicken Fredo Roll Chef Salad Entrée Chicken Salad Entrée Cheeseburger Turkey & Cheese Sandwich On White Bread Steamed White Rice Collard Greens Assorted Fresh Fruit Cinnamon Apple Slices Cherry Crisp Choice of Milk	18 Country Fried Steak w/ Roll Turkey Taco Salad Boat Pizzeria Pepperoni Pizza Pizzeria Cheese Pizza Chicken Salad Entrée Chef Salad Entrée Cheeseburger Wheat Turkey, Ham & Cheese Sandwich Mac N' Cheese side dish Green Peas Steamed White Rice Assorted Fresh Fruit Frosted Yellow Cake Choice of Milk
21 Chicken Fredo Roll BBQ Chicken Sandwich Pizzeria Pepperoni Pizza Pizzeria Cheese Pizza Chicken Salad Entrée Chef Salad Entrée Cheeseburger Wheat Turkey & Cheese Sandwich Seasoned Corn Golden French Fries Assorted Fresh Fruit Pineapple Tidbits Chocolate Brownies w/ Frosting Choice of Milk	22 Buffalo Chicken Wrap Frito Chili Pie Pizzeria Pepperoni Pizza Pizzeria Cheese Pizza Chef Salad Entrée Chicken Salad Entrée Cheeseburger Turkey, Ham & Cheese Sandwich On White Bread Green Peas Mac N' Cheese side dish Assorted Fresh Fruit Sliced Peaches Chocolate or Vanilla Pudding Choice of Milk	23 Shepherd's Pie BBQ Chicken w/ Roll Pizzeria Pepperoni Pizza Pizzeria Cheese Pizza Chicken Salad Entrée Chef Salad Entrée Cheeseburger Wheat Turkey & Cheese Sandwich Tender Green Beans Potato Starz Assorted Fresh Fruit Apple Sour Sauce Apple Crisp Choice of Milk	24 Beef Cheese Steak Wrap Chicken Pot Pie Pizzeria Pepperoni Pizza Pizzeria Cheese Pizza Chicken Fredo Roll Chef Salad Entrée Chicken Salad Entrée Cheeseburger Turkey, Ham & Cheese Sandwich On White Bread Collard Greens Mac N' Cheese side dish Fresh Baby Carrots Assorted Fresh Fruit Jiggly-Jello Dessert Choice of Milk	25 Spaghetti Casserole w/ Roll Breaded Chicken Patty On A Hamburger Bun Pizzeria Pepperoni Pizza Pizzeria Cheese Pizza Chicken Salad Entrée Chef Salad Entrée Cheeseburger Wheat Turkey & Cheese Sandwich Mashed Potatoes Green Peas Assorted Fresh Fruit Pineapple Tidbits Sugar Cookie Choice of Milk
28	29	30	31	

Summer Break!!!

Weight a Minute!

How much should I weigh? That's a tough question because one size doesn't fit all, especially during puberty and your teen years, when you body is going through lots of changes. Your weight depends on your body type and height, not just the number on the scale. Your doctor can help you determine the right weight range for you by taking into consideration things like your body composition, activity level and genes.

You can also ask about your Body Mass Index or BMI. BMI is a formula that doctors use to estimate how much body fat a person has based on his or her weight and height. Finding the right BMI if you are 13-18 can be tricky, so it's best to get a doctor to help. The best way to keep your weight at a level that's normal for you is by eating balanced meals and being active.

May Middle School Lunch Menu

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