

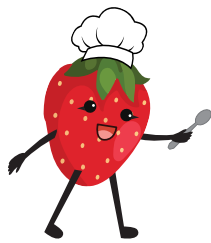


Harvest of the month

EVERY THURSDAY!

## STRAWBERRIES

- 2 cups frozen strawberries
  - 1 banana
  - ¼ cup vanilla yogurt
  - 1 cup milk
  - ½ cup ice
1. Place all ingredients in blender, blend until smooth and enjoy!



*What do you do if you have a strawberry growing out of your ear?  
Put some cream on it!*



**Celebrate May!**

May has so many great days, starting with May Day, on the first of May traditionally celebrated with the May pole, woven baskets and flowers, marked the first day of summer in ancient Roman times, today celebrated by the bounty of flowers and summer to come.

Cinco de Mayo on the 5th marking a battle won by Mexico over the French Empire in 1862 is often celebrated with a fiesta mainly in the United States.

Don't forget Mother Day on the 8th! Mother's Day was first celebrated in 1907 by Anna Jarvis in honor of her mother, Ann Reeves Jarvis, who had first proposed "Mother's Day for Peace" during the American Civil War.

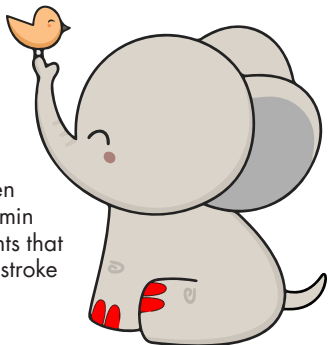
Not to put mom on the shelf, National Limerick Day is on the 12th, so hope you did well and your feet do not smell or mom might put away with that elf.

Now don't forget to hug a tree on the 16th, look out for the turtles on the 23rd and learn about composting on the 29th.

Last but not least, remember the fallen on your day off from school on the 30th for Memorial Day. Happy May everyone!

### STRAWBERRY FACTS

- The average strawberry has 200 seeds.
- Strawberries are not a true fruit. What we think of as the seed is actually the fruit and contains a seed.
- Strawberries are part of the rose family and are an aggregate fruit like blackberries and raspberries.
- 1 cup of strawberries, fresh or frozen contains nearly 150% of your daily vitamin C for the day along with many antioxidants that can help reduce the risk of heart disease, stroke and high blood pressure.



*What did one strawberry say to the other?*

*If you weren't so sweet, we wouldn't be in this jam!*



*How does an elephant hide in a strawberry patch?  
It paints its toenails red!*

### FREE MEALS

**FREE MEALS**  
for all students, **ALL YEAR.**

Make sure to check out the weekly menu for your favorites and new, exciting meal choices.

**ALIMENTOS GRATUITOS**  
para todos los estudiantes,  
**TODOS EL AÑO.**

Asegúrate de consultar el menú semanal para elegir tus alimentos favoritos y las nuevas e interesantes opciones.



Sodexo is committed to promoting healthier food choices and encourages students and families to use the USDA MyPlate to build healthy and balanced meals.

**Free meals for all students, all year. Alimentos gratuitos para todos los estudiantes, todo el año.**

## THE BIG 8

Approximately 90% of food allergy reactions occur to one of eight common foods in the U.S.<sup>1</sup> Called "The Big 8," these foods include: milk, eggs, peanuts, tree nuts, fish, crustacean shellfish, wheat and soy. Although these are the most commonly allergenic foods, more than 160 different foods have been indicated in food allergy reactions.<sup>1</sup>

Any food can cause anaphylaxis, a potentially life-threatening reaction to food allergens. Avoidance of the offending food is recommended to prevent potentially life-threatening reactions by those with food allergies.

For this reason, it is important to communicate food allergy concerns with your school team. Please reach out to both your school nurse and school foodservice director to coordinate a meeting to discuss any special dietary needs required for school meals.

For more information on food allergies, consider reviewing the resources below:

<https://www.foodallergy.org>

<https://www.fda.gov/food>

[www.salemkeizer.org](http://www.salemkeizer.org)

Click on Parents, then Food Services Program

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits.

Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form.

To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture • Office of the Assistant Secretary for Civil Rights • 1400 Independence Avenue, SW • Washington, D.C. 20250-9410 or (2) fax: (202) 690-7442 or (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov). This institution is an equal opportunity provider.

## BREAKFAST

## MAY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Every day cold &amp; hot cereal offered. Toast offered daily. Milk &amp; fruit offered with every breakfast.</i>				
2 Ultimate Breakfast Round	3 Mini Maple Waffles	4 Turkey-Ham & Cheese Breakfast Sandwich	5 Little Pancakes	6 House Made Fruite Muffin
9 Very French Toast with Jelly	10 Breakfast Pizza	11 Breakfast Bowl	12 Egg & Cheese Quesadilla	13 Bagel & Cream Cheese
16 Little Pancake Bites	17 Waffle with Strawberry Compote	18 Hot Egg & Cheese Sandwich	19 House Made Fruite Muffin	20 <b>NO SCHOOL</b>
23 Egg & Cheese Quesadilla	24 Little Pancake Bites	25 Sausage & Cheese Breakfast Sandwich	26 Mini Maple Waffles	27 Very French Toast with Jelly
30 <b>NO SCHOOL</b>	31 Breakfast Pizza			



Items may contain pork.



Vegetarian items may contain dairy and/or eggs.

## DESAYUNO

## MAYO 2022

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
<i>Todos los días pueden seleccionar cereal frío o caliente con tostadas. Se ofrece leche y fruta con cada desayuno.</i>				
2 Quesadilla calentita	3 Waffles (gofres) pequeños con miel de maple	4 Panquecitos con jamón y queso	5 Pedacitos de panqueques	6 Panecillos frutas horneado
9 Torrijas con mermelada	10 Pizza para desayuno	11 Un tazón con desayuno	12 Quesadillas de huevo y queso	13 Bagel con queso crema
16 Pedacitos de Panqueques	17 Gofre con compota de fresa	18 Panquecitos con huevo y queso	19 Panecillos frutas horneado	20 <b>NO HAY CLASES</b>
23 Quesadillas de huevo y queso	24 Pedacitos de Panqueques	25 Panquecitos con salchicha y queso	26 Waffles (gofres) pequeños con miel de maple	27 Torrijas con mermelada
30 <b>NO HAY CLASES</b>	31 Pizza para desayuno			



Tal vez contiene cerdo.



Las entradas vegetarianas pueden contener productos lácteos o huevos.