

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

FUEL UP FOR PLAY
 May is National Physical Fitness & Sports Month

Regular physical activity is one of the most important things you can do for your health. Try to get a total of 60 minutes of play each day!

You can care for yourself by:

STAYING HYDRATED & DRINKING LOTS OF WATER

and eating water-rich foods like oranges and grapefruits.

1

Cinnamon Bun

Bean and Cheese Burrito (v)

2

Concha

Breaded Chicken Drumstick w/Garlic Bread

3

Ultimate Breakfast Round

Cheesy French Bread Pizza (v)

6

Bagel w/Cream Cheese

Spaghetti w/Marinara & Two Cheeses (v)

7

Pop Tart

Chicken & Waffle

8

Powdered Mini WG Donuts

Crispy Chicken Sandwich

9

Benefit Bar

BBQ Beef Rib on a Hoagie

10

Chocolate Mini Muffin w/String Cheese

Galaxy Cheese Pizza (v)

13

Ultimate Breakfast Round

Mozzarella Stuffed Breadsticks (v)

14

Yogurt & Grahams

Teriyaki Beef Dippers & Brown Rice

15

Cinnamon Bun

Chicken Corn Dog

16

Concha

Italian Cheesy Pull Apart (v)

17

Mini Blueberry Muffin & String Cheese

Galaxy Cheese Pizza (v)

20

Banana Bread

Bean & Cheese Chimi Nada (v)

21

Pop Tart

Crispy Chicken Sandwich

22

Powdered Mini WG Donuts

Galaxy Cheese Pizza (v)

23

Benefit Bar

Chicken Nuggets w/Biscuit

24

Apple Frudel

Oven Roasted Turkey & Cheese Sandwich

28

Pop Tart

Cheeseburger

29

Cinnamon Bun

Turkey Hot Dog

30

Concha

Corn Dog

31

Banana Muffin & String Cheese

Galaxy Cheese Pizza (v)