



Menus for May 2017

Ridge Road Schools

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

Monday, May 1

Chicken Nuggets, Biscuit
Fresh Fruit and Juice
Milk

Hamburger Steak
New Potatoes
Turnip Greens
Sliced Peaches
Mixed Fruit Juice
Cornbread Square

Salads
Diced Ham and Cheese

Tuesday, May 2

French Toast Sticks
Sausage Link, Fruit, Juice
Milk

Chicken Fajita with
Cheese, Lettuce, Tomato
Seasoned Green Beans
Sliced Pears
Orange Wedges
Cookie

Salads
Chicken Fajita and Cheese

90 MINUTE RULE.

A hot shower before bed helps you sleep better.
But there's a catch: make sure to shower ninety
minutes before you plan to hit the hay. That



way your body will have
time to cool down
and you'll be primed
for the excellent,
restful sleep we all
need for good health!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Wednesday, May 3

Sausage Biscuit, Jelly
Fresh Fruit and Juice
Milk

Ham and Cheese Sub
Potato Tots
Steamed Broccoli
Carrot Sticks with Dip
Raisins
Apple Juice

Salads
Ham and Cheese Sub

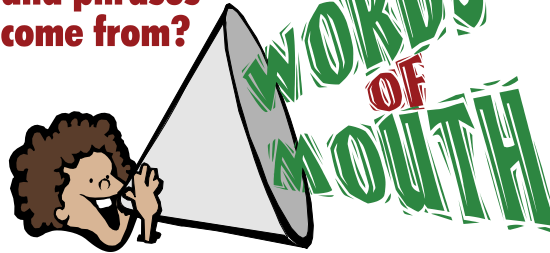
Thursday, May 4

Blueberry Pancake Pup
Fruit and Juice
Milk

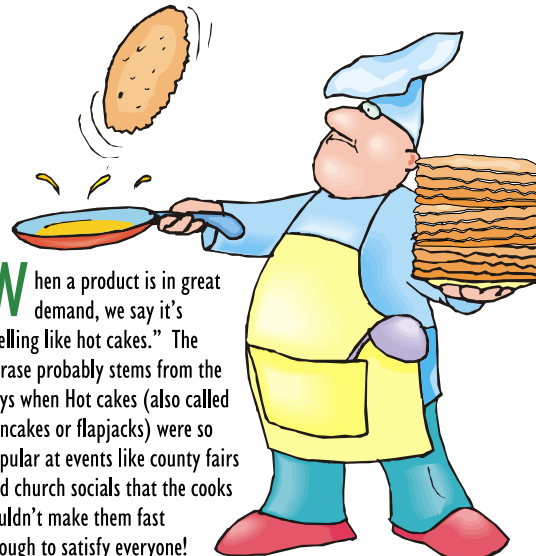
Pizza Wedge
Garden Salad
Whole Kernel Corn
Applesauce Cup
Banana

Salads
Boiled Egg and Cheese

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



This month: "Selling like Hot Cakes"



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!

Friday, May 5

Manager's Choice
Fresh Fruit and Juice
Milk

Hamburger on WG Bun
Sweet Potato Fries
Baked Beans
Red Delicious Apple
Grape Juice

Salads
PB and Jelly on WW

Monday, May 8

Chicken Nuggets, Biscuit
Fresh Fruit and Juice
Milk

Steak Dippers
Macaroni and Cheese
Steamed Broccoli
Carrots Sticks with Dip
Sliced Peaches
Orange Juice
WW Roll
Salads
Diced Chicken

Tuesday, May 9

French Toast Sticks
Sausage Link, Fruit, Juice
Milk

Beef and Mac Bake
Garden Salad
Whole Kernel Corn
Raisins
Red Delicious Apple
WW Roll

Salads
Chicken Fajita and Cheese

Wednesday, May 10

Sausage Biscuit, Jelly
Fresh Fruit and Juice
Milk

Hot Dog on WG Bun
Potato Tots
Baked Beans
Creamy Coleslaw
Sliced Pears
Orange Wedges
Cookie
Salads
Ham and Cheese

Thursday, May 11

Blueberry Pancake Pup
Fruit and Juice
Milk

Chicken Nuggets
Sweet Potatoes
Seasoned Green Beans
Strawberry Cup
Banana
WW Roll

Salads
PB and Jelly on WW

Friday, May 12

Manager's Choice
Fresh Fruit and Juice
Milk

Bar B Que on WG Bun
New Potatoes
Blackeye Peas
Applesauce Cup
Pineapple Orange Juice

Salads
Cheese

Thanks, Mom!



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