Menus for May 2021

Anacortes Fidalgo, Mt. Erie, Island View

Monday, May 3
WE WILL BE OFFERING A NON MEAT OPTION FOR LUNCH DAILY.

Tuesday, May 4
THE NON MEAT OPTION WILL BE A YOGURT MEAL:
  - YOGURT SEEDS
  - BEAR GRAHAM
  - FRUIT
  - VEGGIES
  - MILK

Wednesday, May 5
ALL MEALS ARE FREE TO ALL KIDS THE REST OF THIS YEAR

Thursday, May 6
Lunch
  - Yami Yogurt
  - Sunflower Seed PKT
  - Bear Graham
  - Fruit & Veggie
  - Milk

Friday, May 7
Lunch
  - Chicken Burger
  - Fruit & Veggie
  - Milk

We will be offering a non meat option for lunch daily.

Lunch entrée includes:
  - Milk, Fruit, Vegetables

Breakfast entrée includes:
  - Milk and Fruit

Breakfast will be placed in the lunch bag each day to take home for the following morning.

This is an equal opportunity institution.

Menu subject to change due to product availability or food preference.

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A lot of people in the “Lower 48” states don’t realize just how gigantic the state of Alaska is! The next three biggest states combined – Texas, California, and Montana – don’t equal the size of Alaska. And if you could put Alaska inside the Lower 48 states, this is about what it would look like. The smallest state, Rhode Island, could fit into Alaska 425 times!

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Monday, May 10
Breakfast
  - Cereal

Lunch
  - Yami Yogurt
  - Sunflower Seed PKT
  - Bear Graham
  - Fruit & Veggie
  - Milk

Tuesday, May 11
Breakfast
  - Banana Loaf

Lunch
  - Corndog
  - Fruit & Veggie
  - Scooby Doo Cookies
  - Milk

Wednesday, May 12
NO IN PERSON SCHOOL DAY

Breakfast
  - Strawberry Bagelful

Lunch
  - Deli Sandwich
    - w/Chips
    - Fruit & Veggie
    - Milk

You can pick up a 3 day meal pack at the high school from 12:00 to 1:00

Thursday, May 13
Breakfast
  - Oatmeal Packet

Lunch
  - Nacho Chips
    - W Cheese Cup
    - Sunflower Seeds
    - Fruit & Veggie
    - Milk

Friday, May 14
Breakfast
  - Oatmeal Packet

Lunch
  - Strawberry Bagelful

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<table>
<thead>
<tr>
<th>Monday, May 17</th>
<th>Tuesday, May 18</th>
<th>Wednesday, May 19</th>
<th>Thursday, May 20</th>
<th>Friday, May 21</th>
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</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
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<tr>
<td>Cereal</td>
<td>Blueberry Muffin</td>
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<td>Oatmeal Packet</td>
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<tr>
<td><strong>Lunch</strong></td>
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<tr>
<td>Yami Yogurt</td>
<td>Popcorn Chicken</td>
<td>Breaded Chicken Leg</td>
<td>Galaxy Cheese Pizza</td>
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<tr>
<td>Sunflower Seed PKT</td>
<td>Fruit &amp; Veggies</td>
<td>Fruit &amp; Veggies</td>
<td>Fruit &amp; Veggies</td>
<td>Milk</td>
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<tr>
<td>Bear Graham</td>
<td>Milk</td>
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<td>Milk</td>
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<tr>
<td>Fruit &amp; Veggie</td>
<td>BBQ Packet</td>
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</table>

**NO IN PERSON SCHOOL DAY**

- You can pick up a 3 day meal pack at the high school from 12:00 to 1:00

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**Q:** Where do we get most of the tomatoes we eat?

**A:** The average American eats close to 30 pounds of tomatoes a year, and all of them started off on a vine somewhere! But less than half the tomatoes we eat are fresh. We get most of our tomatoes in processed forms — out of a bottle of ketchup, in pizza sauce, or as various kinds of canned tomatoes.

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/Stay Healthy/food/pyramid.html](http://kidshealth.org/kid/Stay Healthy/food/pyramid.html)

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**NUTRITION TOGO**

- Some studies suggest that blueberries can improve brain functioning and protect against age-related mental decline. The high amount of “antioxidants” in blueberries may actually help the brain stay younger longer! Blueberry season runs from May to September.

**A QUICK BITE FOR PARENTS**