

**CNMI Public School System Child Nutrition Program**

menus  
for  
**MAY**  
2021

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

# Back to normal?

Not just yet. But eventually we will be, and we look forward to the day when we can serve our students again in the best possible environment. We have faith that that day isn't too far off. Until it gets here, we urge you to take advantage of free meals for all students through age 18, available at least until September 30, 2021!

**School Meals**  
*We serve education every day™*



Your name is so big on this page because your influence is so big in our lives and your place is so big in our hearts.  
**Mother's Day \* Sunday, May 9**

**this month:**

# sushi



There are some foods that most kids don't like, but many adults do. Why? It's a mystery! Take sushi - if you dare. Kids will sometimes eat California rolls or other types of sushi that don't contain raw fish. But that's the thing about real sushi: it contains raw fish! That's something that takes some getting used to.

But maybe some day you'll see that in its pure form - some simple combination of raw fish, rice, and vegetable - sushi is nutritious, delicious - and even artistic!



Monday, May 3	Tuesday, May 4	Wednesday, May 5	Thursday, May 6	Friday, May 7
<p><b>Breakfast</b> Assorted Cereal Fruit</p> <p><b>Lunch</b> Beef Lasagna Garlic Cauliflower and Broccoli Corn Fruit</p>	<p><b>Breakfast</b> Ham and Cheese Roll Fruit</p> <p><b>Lunch</b> Oven Fried Chicken Red Rice Sauteed Spinach Corn Fruit</p>	<p><b>Breakfast</b> Fried Rice with Portuguese Sausage Fruit</p> <p><b>Lunch</b> Chicken Burger Potato Wedges Broccoli Fruit</p>	<p><b>Breakfast</b> Fried Rice with Chicken Nuggets Fruit</p> <p><b>Lunch</b> Turkey with Gravy and Mashed Potatoes Dinner Roll Carrots, Beans Fruit</p>	<p><b>Breakfast</b> Grilled Cheese Sandwich Fruit</p> <p><b>Lunch</b> Chicken Curry with Rice, Carrots, Local Vegetables Fruit Flavored Milk</p>
Monday, May 10	Tuesday, May 11	Wednesday, May 12	Thursday, May 13	Friday, May 14
<p><b>Breakfast</b> Assorted Cereal Fruit</p> <p><b>Lunch</b> Pork Adobo with Rice Green Peas and Carrots Sesame Broccoli Fruit</p>	<p><b>Breakfast</b> Pancakes with Syrup Bacon Fruit</p> <p><b>Lunch</b> Chicken Alfredo with Spinach Lettuce, Tomato, and Cucumber Salad Beans Fruit</p>	<p><b>Breakfast</b> Fried Rice with Grilled Ham Fruit</p> <p><b>Lunch</b> Hawaiian Pizza Veggie Sticks and Dip Corn and Bean Salad Fruit</p>	<p><b>Breakfast</b> Pan de Sal with Egg and Cheese Fruit</p> <p><b>Lunch</b> Beef Bulgogi with Rice Bell Peppers, Bean Sprouts, Carrots, and Onions Fruit Flavored Milk</p>	<p><b>Breakfast</b> Garlic Rice with Patty Sausage Fruit</p> <p><b>Lunch</b> Breaded Fish with Sauce Red Rice Local Vegetables Fruit</p>



# What's on YOUR plate?

**Q:** In ancient Egypt, which vegetable did people place their hand on when they swore an oath?



**A:** This is one from the time of the pyramids! Ancient Egyptians swore on an onion, because they believed the onion's round shape represented eternity and truth.

Learn more at [www.CHOSEMYPLATE.gov](http://www.CHOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

Monday, May 17	Tuesday, May 18	Wednesday, May 19	Thursday, May 20	Friday, May 21
<p><b>Breakfast</b> Assorted Cereal Fruit</p> <p><b>Lunch</b> Beef Broccoli with Rice Mixed Vegetables Fruit</p>	<p><b>Breakfast</b> French Toast with Syrup Fruit</p> <p><b>Lunch</b> Honey Glazed Chicken with Rice Carrots Local Vegetables Fruit</p>	<p><b>Breakfast</b> Garlic Fried Rice Sausage Links Fruit</p> <p><b>Lunch</b> BBQ Chicken with Red Rice Corn Potato Salad Fruit</p>	<p><b>Breakfast</b> Macaroni and Cheese Fruit</p> <p><b>Lunch</b> Grilled Ham with Rice Sweet Potato Fries Beans Fruit Flavored Milk</p>	<p><b>Breakfast</b> Ground Beef and Vegetable Omelet Fruit</p> <p><b>Lunch</b> Spaghetti Dinner Roll Local Vegetables Garlic Spinach Fruit</p>
Monday, May 24	Tuesday, May 25	Wednesday, May 26	Thursday, May 27	Friday, May 28
<p><b>Breakfast</b> Assorted Cereal Fruit</p> <p><b>Lunch</b> Chicken Adobo with Rice Potato Wedges Carrots and Peas Fruit</p>	<p><b>Breakfast</b> Pancake with Syrup Bacon Fruit</p> <p><b>Lunch</b> Beef Steak with Peas and Onions Red Rice Broccoli Fruit</p>	<p><b>Breakfast</b> Tropical Storm Fried Rice Fruit</p> <p><b>Lunch</b> Cheese Pizza Veggie Sticks and Dip Beans Fruit</p>	<p><b>Breakfast</b> Sausage and Egg Scramble with Rice Fruit</p> <p><b>Lunch</b> Marianas BBQ Burger Sandwich Sides (Lettuce, Tomato, Bell Pepper) Sweet Potato Fries Fruit Flavored Milk</p>	<p><b>Breakfast</b> Banana Bread Fruit</p> <p><b>Lunch</b> Turkey and Cheese Sandwich Sandwich Sides (Lettuce, Tomato, Cucumber, Bell Pepper) Japanese Salad Fruit</p>

# STRANGE

## BUT TRUE!

THE HAWAIIAN ISLANDS ARE ACTUALLY THE EXPOSED TOPS OF THE **WORLD'S HIGHEST MOUNTAINS**. THE TALLEST, MAUNA KEA, MEASURES NEARLY 14,000 FEET ABOVE SEA LEVEL, BUT FROM ITS BASE TO ITS PEAK IT TOWERS 33,000 FEET -- **4,000 FEET HIGHER THAN MT. EVEREST!**

**MAUNA KEA**

SEA LEVEL

KAUAI

OAHU

MOLOKAI

MAUI

HAWAII

**1 AND ONLY!**

Only one creature can claim to have both the longest neck AND the longest tail of any land animal - the giraffe. Its neck can grow to 7 feet long and its tail up to 8 feet long!

