

Menus for May 2023

**CNMI Public School System
Child Nutrition Program**

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



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

NATURE'S NUTCRACKER



The Hyacinth Macaw of South America is the world's largest parrot. It uses that seriously powerful beak to crack its favorite food – palm nuts. In fact, it can even crack open coconuts!

As a change of pace from nuts, it will also eat an occasional snail.

ANIMAL APPETITES

Monday, May 1

Breakfast
Assorted Cereal
Fruit

Lunch
Chicken Curry with Carrots and Potatoes
Broccoli
Steamed Rice
Fruit

Secondary Second Choice
Salad Bar/Packed Salad
WGR Roll or Crackers
Fruit

Tuesday, May 2

Breakfast
Fried Rice with Portuguese Sausage
Fruit

Lunch
Cheeseburger
Sandwich Sides
Sweet Potato Fries
Fruit

Secondary Second Choice
Chickenburger
Sandwich Sides
Sweet Potato Fries
Fruit

Wednesday, May 3

Breakfast
Ham and Cheese Roll
Fruit

Lunch
Breaded Chicken with Gravy
Mashed Potato
3 Bean Salad
WGR Roll
Fruit

Secondary Second Choice
Salad Bar/Packed Salad
WGR Roll or Crackers
Fruit

Thursday, May 4

Breakfast
Sausage & Egg Scramble
Steamed Rice
Fruit

Lunch
Beef Lasagna
Garlic Cauliflower & Broccoli
Corn
Fruit

Secondary Second Choice
Tuna Salad Sandwich on WGR Bun
Sandwich Sides
Japanese Salad
Fruit

Friday, May 5

Breakfast
Pancakes with Syrup
Bacon
Fruit

Lunch
Chicken Piccata
Garden Salad
Local Vegetables
Flavored Milk
Fruit

Secondary Second Choice
Salad Bar/Packed Salad
WGR Roll or Crackers
Fruit

Monday, May 8

Breakfast
Assorted Cereal
Fruit

Lunch
Grilled Ham Steak
Steamed Brown Rice
Sweet Potato Fries
Texas BBQ Beans
Fruit

Secondary Second Choice
Salad Bar/Packed Salad
WGR Roll or Crackers
Fruit

Tuesday, May 9

Breakfast
Sausage Links
Garlic Fried Rice
Fruit

Lunch
Chicken Burger
Potato Wedges
Broccoli
Fruit

Secondary Second Choice
Subway Sandwich with Honey Onion Dressing on WGR Bun
Vegetable Sticks & Dip
Fruit

Wednesday, May 10

Breakfast
Pan de Sal with Egg & Cheese
Fruit

Lunch
Beef Steak with Green Peas & Onions
Red Rice
Local Vegetables
Broccoli
Fruit

Secondary Second Choice
Salad Bar/Packed Salad
WGR Roll or Crackers
Fruit

Thursday, May 11

Breakfast
Tropical Storm Fried Rice
Fruit

Lunch
Pepperoni Pizza
Vegetable Sticks & Dip
Fruit

Secondary Second Choice
Buffalo Chicken Wrap
Vegetable Sticks & Dip
Japanese Salad
Fruit

Friday, May 12

Breakfast
French Toast with Syrup
Sausage
Fruit

Lunch
BBQ Chicken
Red Rice
Corn and Potato Salad
Flavored Milk
Fruit

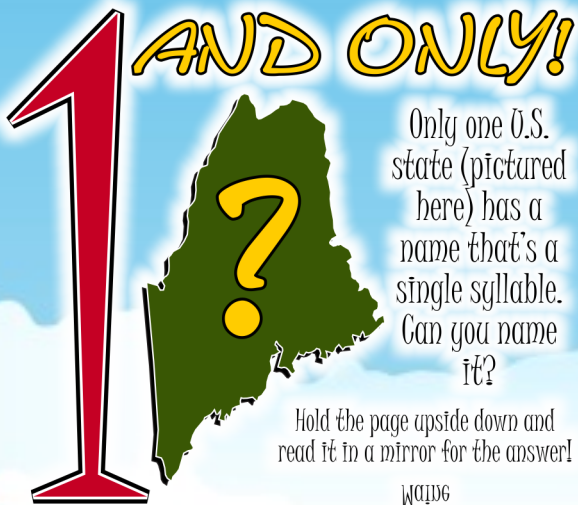
Secondary Second Choice
Salad Bar/Packed Salad
WGR Roll or Crackers
Fruit

GET DOWN WITH THE BROWN.

Whole grain foods (which are usually brown) are better for you than the white stuff. So when you can, try to choose whole wheat pasta and bread, whole grain cereal, and brown rice.



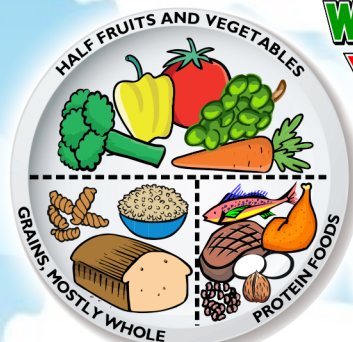
**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!**



Only one U.S. state (pictured here) has a name that's a single syllable. Can you name it?

Hold the page upside down and read it in a mirror for the answer!

MAINE



What's on **YOUR** plate?

Q: How much sugar do you eat?



A: If you eat like most Americans, you consume over 20 teaspoons of added sugar every single day, or 115 pounds a year. That's just what we get from processed food and drinks, without ever actually dipping a spoon in the sugar bowl. Current guidelines recommend no more than 6-9 teaspoons of added sugar a day. Want the same sweetness without the side effects? Get your sugar the natural way – from fresh fruit.

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, May 15

Breakfast

Assorted Cereal
Fruit

Lunch

Oven Fried Chicken
Red Rice
Corn
Sautéed Spinach
Fruit

Secondary Second Choice

Salad Bar/Packed Salad
WGR Roll or Crackers
Fruit

Tuesday, May 16

Breakfast

Ground Beef & Veggie
Omelet
Steamed Rice
Fruit

Lunch

Marianas BBQ Cheeseburger
Sandwich Sides
Sweet Potato Fries
Fruit

Secondary Second Choice

Fire Alarm Pizza
Vegetable Sticks & Dip
Fruit

Wednesday, May 17

Breakfast

Grilled Cheese Sandwich
Fruit

Lunch

Beef Bulgogi with Bell Peppers,
Bean Sprouts & Onions
Steamed Rice
Carrots
Fruit

Secondary Second Choice

Salad Bar/Packed Salad
WGR Roll or Crackers
Fruit

Thursday, May 18

Breakfast

Grilled Ham with Fried Rice
Fruit

Lunch

Spaghetti Bolognese
WGR Roll
Garlic Spinach
3 Bean Salad
Fruit

Secondary Second Choice

Chicken Kelaguen
Titiyas
Vegetable Sticks and Dip
Japanese Salad
Fruit

Friday, May 19

Breakfast

Pancakes with Syrup
Bacon
Fruit

Lunch

Breaded Fish with Sauce
Red Rice
Potato Wedges
Local Vegetables
Flavored Milk
Fruit

Secondary Second Choice

Salad Bar/Packed Salad
WGR Roll or Crackers
Fruit

Monday, May 22

Breakfast

Assorted Cereal
Fruit

Lunch

Kung Pao Chicken
with Bell Peppers
Steamed Rice
Sesame Broccoli
Fruit

Secondary Second Choice

Salad Bar/Packed Salad
WGR Roll or Crackers
Fruit

Tuesday, May 23

Breakfast

Fried Rice with Chicken Nuggets
Fruit

Lunch

Turkey & Gravy
WGR Roll
Mashed Potato
Steamed Carrots
Fruit

Secondary Second Choice

Thai Beef Noodle Bowl
Bell Peppers & Carrots
Mixed Vegetables
Fruit

Wednesday, May 24

Breakfast

Mac & Cheese
Fruit

Lunch

Beef Broccoli
Steamed Rice
Mixed Vegetables
Fruit

Secondary Second Choice

Salad Bar/Packed Salad
WGR Roll or Crackers
Fruit

Thursday, May 25

Breakfast

Sausage Patty with Garlic Rice
Fruit

Lunch

Cheese Pizza
Vegetable Sticks & Dip
3 Bean Salad
Fruit

Secondary Second Choice

Hawaiian Pizza
Vegetable Sticks & Dip
3 Bean Salad
Fruit

Friday, May 26

Breakfast

French Toast with Syrup
Sausage
Fruit

Lunch

Chicken Alfredo with Spinach
Garden Salad
Local Vegetables
Flavored Milk
Fruit

Secondary Second Choice

Salad Bar/Packed Salad
WGR Roll or Crackers
Fruit

Monday, May 29

**Memorial Day
Public Schools Closed**

Breakfast

Assorted Cereal
Fruit

Lunch

Chicken Curry with
Carrots and Potatoes
Broccoli
Steamed Rice
Fruit

Tuesday, May 30

Breakfast

Fried Rice with Portuguese
Sausage
Fruit

Lunch

Cheeseburger
Sandwich Sides
Sweet Potato Fries
Fruit

Secondary Second Choice

Chickenburger
Sandwich Sides
Sweet Potato Fries
Fruit

Wednesday, May 31

Breakfast

Ham and Cheese Roll
Fruit

Lunch

Breaded Chicken with Gravy
Mashed Potato
3 Bean Salad
WGR Roll
Fruit

Secondary Second Choice

Salad Bar/Packed Salad
WGR Roll or Crackers
Fruit



Nerd

The word "nerd" appeared for the first time ever in the 1950 book "If I Ran the Zoo," by Dr. Seuss, along with this picture!

Word play