

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



WORDS OF MOUTH

This month:
“Take it with a grain of salt”

Has anyone ever told you to take something “with a grain of salt”? It means that you shouldn’t necessarily believe what you’re being told. The Latin words for “salt” and “wisdom” are the same, so some say that the phrase means “use your wisdom to decide if this is true.” But feel free to take this explanation (wait for it) with a grain of salt! Just one of those food-related sayings that so often “spice up” our language!



Monday, May 18
No Public School

Breakfast
 Assorted Cereal
 Fresh Fruit

Lunch
 Thai Beef Noodle Bowl
 Red Bell Peppers
 Mixed Vegetables
 Fresh Fruit

Tuesday, May 19
No Public School

Breakfast
 Ham & Egg Scramble
 Steamed Rice
 Fresh Fruit

Lunch
 Chicken Burger
 Green Salad w/ Cucumber
 Carrots w/ Dressing
 Fresh Fruit

Wednesday, May 20
No Public School

Breakfast
 Assorted Cereal
 Fresh Fruit

Lunch
 Pork Curry
 Steamed Rice
 Potatoes & Carrots
 Fresh Fruit

Thursday, May 21
No Public School

Breakfast
 Garlic Fried Rice w/
 Chicken Nuggets
 Fresh Fruit

Lunch
 Pepperoni Pizza
 Broccoli
 Spanish Chickpeas
 Fresh Fruit

Friday, May 22
No Public School

Breakfast
 Assorted Cereal
 Fresh Fruit

Lunch
 Kimchee Fried Rice
 w/ Chicken Bowl
 Pumpkin & Local Vegetables
 Fresh Fruit

Monday, May 25
**MEMORIAL DAY
 NO SCHOOL TODAY**

Tuesday, May 26
No Public School

Breakfast
 Fried Rice w/ Portuguese
 Sausage
 Fruit

Lunch
 Marianas BBQ Burger
 Sandwich Sides
 Potato Wedges
 Taco Seasoned Lentils
 Fresh Fruit

Wednesday, May 27
No Public School

Breakfast
 Assorted Cereal
 Fresh Fruit

Lunch
 Beef Bulgogi
 Broccoli
 Carrots
 Steamed Rice
 Fresh Fruit

Thursday, May 28
No Public School

Breakfast
 Grilled Ham
 Steamed Rice
 Fresh Fruit

Lunch
 Spaghetti Bolognese
 WGR Roll
 Green Salad w/ Tomatoes
 & Dressing
 Fresh Fruit

Friday, May 29
No Public School

Breakfast
 Assorted Cereal
 Fresh Fruit

Lunch
 Buffalo Chicken Sliders on
 WGR Dinner Roll
 Corn Succotash
 Fresh Fruit

★ OUR NATION'S HISTORY ★

Memorial Day originated in the years after the Civil War to remember and honor those who had died in service to our country. At first, Memorial Day was called “Decoration Day” – literally, a day that was set aside to beautify the final resting places of our honored dead. This year, while you’re enjoying your day off, please don’t forget to honor them in your heart, too!

★ WITH LIBERTY & JUSTICE FOR ALL ★

TOASTED.

Just one bad, blistering sunburn as a child doubles your risk for skin cancer later in life. Yet more than half of all kids report having at least a minor sunburn in the past year. Don't get burned this summer!

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

HERB/SPICE

Black Pepper

We think of black pepper as a powder, but it actually starts off as fruit! The berries are dried and ground to make the spice we all know. The dried berries are called “peppercorns.”

OF THE MONTH