



MAY MENUS

Menus for May 2024



SAN ISIDRO ISD

This institution is an equal opportunity provider. Menus are subject to change without notice.
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Wednesday, May 1

Breakfast
Waffle Bar
Assorted Fruit & Juice

Lunch
Chicken Nuggets
Homemade Macaroni & Cheese
Dinner Roll
Seasoned Wedges
Carrot Coins
Fruited Gelatin

Thursday, May 2

Breakfast
Kolache
Breakfast Bars
Assorted Fruit & Juice

Lunch
Lemon Pepper Chicken
Dinner Roll
Seasoned Wedges
Broccoli w/
Homemade Cheese

Friday, May 3

Breakfast
The Tiger Breakfast Taco
Assorted Cereals
Assorted Grahams
Green Salsa
Assorted Fruit & Juice

Lunch
Pizza
Cucumber w/Tajin
Veggie Boats
Baby Carrots
Ranch Dip Cup
Assorted Fruit

ADDITION BY SUBTRACTION.

Perhaps the single best way to ADD to your good health is to SUBTRACT one item from your diet: ADDED SUGAR. Nutritionists recommend that we get no more than 5-10% of daily calories from added sugar -- about 25-50 grams per day (6-12 teaspoons). Sound like a lot? A single 12-oz. soda contains 40 grams. That's like eating 10 sugar packs!



And you'll also find added sugar in lots of places you might not expect -- ketchup, BBQ sauce, bread, cereal (even those marketed as "healthy"), vitamin water, protein and granola bars, sports drinks -- even spaghetti sauce. Added sugar is required to be listed separately on nutrition labels. So get in the habit of checking that out! And choose whole, natural, unprocessed food when you can.

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

Monday, May 6

Breakfast
Mini Maple Waffles
Assorted Cereals
Assorted Grahams
Assorted Fruit & Juice

Lunch
Rich-Fil Yay Chicken Sandwich
Burger Salad
Tater Tots
Assorted Fruit

Tuesday, May 7

Breakfast
Breakfast Combo Bar & Toast
Assorted Fruit & Juice

Lunch
Crispy Beef Nachos
Homemade Cheese Sauce
Rice
Refried Beans
Taco Salad
Assorted Fruit

Wednesday, May 8

Breakfast
Yogurt & Fruit Parfait
Assorted Fruit & Juice

Lunch
Baked Chicken
Seasoned Green Beans
Mashed Potatoes/Gravy
Dinner Roll

Thursday, May 9

Breakfast
Breakfast Sausage
Pizza
Assorted Fruit & Juice

Lunch
Pulled Pork
Street Tacos
Charro Beans
Taco Slaw Salad
Rice
Avocado Green Salsa

Friday, May 10

Breakfast
Chorizo & Egg Taco
Assorted Cereals
Graham Crackers
Assorted Fruit & Juice

Lunch
Pizza
Cucumber w/Tajin
Veggie Boats
Corn
Ranch Dip Cup

Monday, May 13

Breakfast
Banana Bread Slice
Assorted Cereals
Assorted Grahams
Assorted Fruit & Juice

Lunch
Chicken Strips
Dinner Roll
Crinkle Cut Fries
Carrot Coins
Assorted Fruit

Tuesday, May 14

Breakfast
Cinnamon Rolls
Breakfast Bar
Assorted Fruit & Juice

Lunch
Spaghetti & Meat Sauce
Garlic Toast
Garden Salad
Green Beans
Assorted Fruit

Wednesday, May 15

Breakfast
Scrambled Egg & Bacon
Homemade Buttered Toast
Assorted Fruit & Juice

Lunch
Steak Fingers w/Gravy
Dinner Roll
Seasoned Wedges
Broccoli
w/Homemade Cheese Sauce
Fruited Gelatin

Thursday, May 16

Breakfast
Yogurt & Donut Parfait
Breakfast Bar
Assorted Fruit & Juice

Lunch
Cheese Enchiladas
Rice
Refried Beans
Taco Salad
Assorted Fruit

Friday, May 17

Breakfast
Ham & Egg Taco
Breakfast Bar
Assorted Fruit & Juice

Lunch
Pizza
Cucumber w/Tajin
Veggie Boats
Corn
Ranch Dip Cup

A Note from the Child Nutrition Director

Junior High & High School Students will have **Daily Entrée Options**. Menus may vary. If you have any questions, you may contact Mr. Leonel Olivarez @956-481-3100.

Monday, May 20

Breakfast
Scrambled Egg & Cheese
Croissant
Assorted Fruit & Juice

Lunch
Homemade Chicken Flautas
Rice/Charro Beans
Taco Salad
Homemade Salsa

Tuesday, May 21

Breakfast
Breakfast Muffin
Breakfast Bar
Assorted Fruit & Juice

Lunch
Hamburger/Cheeseburger
Tater Tots
Burger Salad
Assorted Fruit

Wednesday, May 22

Breakfast
Waffle Bar
Breakfast Bar
Assorted Fruit & Juice

Lunch
Chicken Nuggets
Homemade Macaroni & Cheese
Dinner Roll
Seasoned Wedges
Carrot Coins
Fruited Gelatin

Thursday, May 23

Breakfast
Kolache
Breakfast Bars
Assorted Fruit & Juice

Lunch
BBQ Pulled Pork
Burger
Tater Tots
Burger Salad
Assorted Fruit

Friday, May 24

Breakfast
The Tiger Breakfast Taco
Assorted Cereals
Assorted Grahams
Green Salsa
Assorted Fruit & Juice

Lunch
Pizza
Cucumber w/Tajin
Baby Carrots
Ranch Dip Cup



Monday, May 27



Tuesday, May 28

Breakfast
Breakfast Combo Bar & Toast
Assorted Fruit & Juice

Lunch
Crispy Beef Nachos
Homemade Cheese Sauce
Rice/Refried Beans
Taco Salad
Assorted Fruit

Wednesday, May 29

Breakfast
Scrambled Egg & Bacon
Homemade Buttered Toast
Assorted Fruit & Juice

Lunch
BBQ Brisket Sandwich
Roasted Potatoes
Burger Salad

Thursday, May 30

Breakfast
Mini Maple Waffles
Assorted Cereals
Assorted Grahams
Assorted Fruit & Juice

Lunch
Pizza
Corn
Veggie Boats
Ranch Dip Cup

Congratulations!

CLASS OF 2024

We'll look forward to serving the rest of you again next fall. Have a great summer!