

# Basilica School of Saint Paul

## Menus for May 2018



### Families Making the Connection

#### *Kids Eat Right*

August is *Kids Eat Right Month*! *Kids Eat Right Month* encourages children and their families to eat healthy and be active. Families can shop smart, cook healthy and eat right together.

**Shop Smart**—Let your kids help with planning menus and shopping for food.

**Cook Healthy**—Involve your child in preparing meals and snacks.

**Eat Right**—Sit down together as a family to enjoy a tasty, healthy meal.

**Get Moving**—Be active together as a family. Kids should be active at least 60 minutes a day. Regular physical activity can strengthen bones and muscles, promote a healthy weight, support learning, develop social skills and build self-esteem.

**Build Healthy Habits**—Set a good example to help kids form healthy habits. Be active every day. Fill half your plate with fruits and veggies, make at least half your grains whole grains, choose water over sugary drinks, opt for low fat or fat free milk, and choose options lower in sodium, fat and sugar.

Parents are required to have 20 volunteer hours per school. Volunteering in Panther Café is an excellent way to pick up on a few hours. For more information call Ms. Robinson in Panther Café.



**Nutrilink:** For more info, visit [www.kidseatright.org](http://www.kidseatright.org).

	Tuesday, May 1	Wednesday, May 2	Thursday, May 3	Friday, May 4
	B: Cinnamon Toast Turkey Sausage Apple Juice  L: Cheesy Pasta A Roni Banana Garlic Toast	B: Cereal String Cheese Fresh Assorted Fruit ( Bananas or Apple)  L: Chicken Tenders (Breaded) Streamed Broccoli Florets Fruit Cocktail	B: Grits Eggs Fruit Juice  L: Loaded Chicken Salad ( with Tomato, Egg, Onion, Croutons, and Cheese) Sliced Apple	B: Breakfast Pizza Fruit Cup  L: Cheese Pizza Banana Celery with Ranch Dressing
Monday, May 7	Tuesday, May 8	Wednesday, May 9	Thursday, May 10	Friday, May 11
B: Turkey Bacon or Cereal Eggs or String Cheese Fruit Juice or Fruit Cocktail  L: Corn Dog w/ Ketchup Tatar Tots Fruit Juice	B: Oatmeal With Fruit Toppings Toast  L: Chicken Nuggets Green Beans Strawberry Smoothie	B: Assorted Cereal Cinnamon Toast (1) Fresh Fruit  L: Pepperoni Pizza Tossed Salad Fruit Juice	B: Breakfast Pizza Juice  L: Cheesy Pasta A Roni Banana Garlic Toast	B: Turkey Sausage Toast Apple Jelly  L: Cheese Pizza Carrots w/ Ranch Sliced Apple
Monday, May 14	Tuesday, May 15	Wednesday, May 16	Thursday, May 17	Friday, May 18
B: Lucky Charms String Cheese Fruit Juice or Orange Slic- es  L: Beef Hot Dog w/ Bun	B: Pancake Turkey Sausage Fruit Juice  L: NACHO TUESDAY , (w/ Cheese, Sour Cream, and Salsa )	B: Turkey Egg and Cheese Croissant Juice  L: Sweetened Baked Beans and Beef Hot Dog w / sliced Oranges	B: Pancake on a Stick, Fruit Juice  L: Battered Chicken Tenders Green Beans Fresh Tropical Fruit	B: Breakfast Pizza Fruit Juice  L: Cheese Pizza Celery Juice
Monday, May 21	Tuesday, May 22	Wednesday, May 23	Thursday, May 24	Friday, May 25
B: Cinnamon Toast Yogurt Fruit  L: Cheese Burger Corn Strawberries w/ Whipped Topping	B: Chicken Biscuit Fruit Juice  L: Lasagna Broccoli Fresh Assorted Fruit	B: Breakfast Pizza Fruit Juice  L: Fish Sticks Mac and Cheese Green Beans	B: Assorted Cereal String Cheese Fresh Banana  L: Cheesy Bread Sticks w/ Marinara Tossed Salad w/ Fresh Corn	B: Yogurt w/ Granola Fresh Berries  L: Cheese Pizza Carrot Sticks Pineapple Orange Juice
Monday, May 28	Tuesday, May 29	Wednesday, May 30	Thursday, May 31	All Meals Are Served with a choice of 1% white or Fat Free Chocolate Milk  <b>KIDS eat right.</b>
Memorial Day  No School	B: Assorted Cereal Fruit Juice String Cheese  L: Beef A Roni Garlic Toast Corn Juice	B: Yogurt Fruit Cup Granola  L: Chicken and Waffles Sweet Potato Waffle Fries Fruit Juice	B: Open Breakfast Bar  L: Cheese Pizza Cookie Celery Fruit Juice	