



USDA is an equal opportunity provider and employer.

Menus for
May 2015

Liberty County Middle School

Friday, May 1

Breakfast
Assorted Cereal
Ham Patty
Toast
Choice of Fruit
Grape Juice

Lunch
Chicken Pot Pie
Tuna Salad Plate
Turkey & Cheese Sub
Big Daddy Pizza
Chicken Sandwich
Spicy

Monday, May 4

Breakfast
Assorted Cereal
Chicken Patty
Biscuit
Choice of Fruit
Apple Juice

Lunch
Fish Sandwich
Turkey Chef Salad
Ham & Cheese Sub
Big Daddy Pizza
Cheeseburger

Still the Best Deal in Town

Breakfast	Lunch
No charge for Students	\$2.10 Students \$3.25 Adults

All complete Meals include choice of Milk

Tuesday, May 5

Breakfast
Assorted Cereal
Scrambled Eggs
Toast
Choice of Fruit
Grape Juice

Lunch
Vegetable Soup w/
Grilled Cheese Sandwich
Chicken Salad Plate
American Trio Sub
Big Daddy Pizza
Chick Fil-A Sandwich

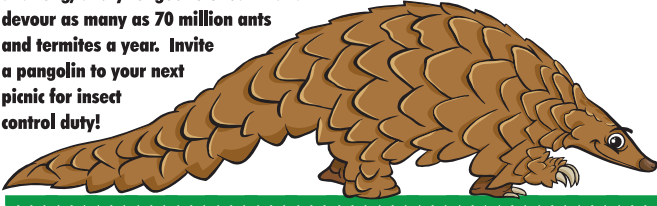
Wednesday, May 6

Breakfast
Assorted Cereal
Breakfast Pizza
Choice of Fruit
Orange Juice

Lunch
Lasagna / Biscuit
Ham Chef Salad Plate
Ham & Cheese Sub
Big Daddy Pizza
Chicken Sandwich

THE PERFECT PICNIC GUEST.

The pangolin (or "scaly anteater") is a shy and elusive native of Asia and Africa that typically sleeps during the day and hunts at night, using its powerful claws and long, sticky tongue to unearth and devour as many as 70 million ants and termites a year. Invite a pangolin to your next picnic for insect control duty!



ANIMAL APPETITES

Thursday, May 7

Breakfast
Assorted Cereal
French Toast Mini
Choice of Fruit
Apple Juice

Lunch
Chicken Tenders / Roll
Turkey Chef Salad
American Trio Sub
Big Daddy Pizza
Cheeseburger

Friday, May 8

Breakfast
Assorted Cereal
Ham Patty
Toast
Choice of Fruit
Grape Juice

Lunch
Chili Cheese Dog
Tuna Salad Plate
Turkey & Cheese Sub
Big Daddy Pizza
Chicken Sandwich
Spicy

Queen for a Day!



Mother's Day ♡ Sunday, May 10

Monday, May 11

Breakfast
Assorted Cereal
Chicken Patty
Biscuit
Choice of Fruit
Apple Juice

Lunch
Salisbury Steak /Roll
Turkey Chef Salad
Ham & Cheese Sub
Big Daddy Pizza
Cheeseburger

Tuesday, May 12

Breakfast
Assorted Cereal
Scrambled Eggs
Toast
Choice of Fruit
Grape Juice

Lunch
Chicken Stir Fry
Chicken Salad Plate
American Trio Sub
Big Daddy Pizza
Chick Fil-A Sandwich

Wednesday, May 13

Breakfast
Assorted Cereal
Breakfast Pizza
Choice of Fruit
Orange Juice

Lunch
Spaghetti & Meatballs
Ham Chef Salad Plate
Ham & Cheese Sub
Big Daddy Pizza
Chicken Sandwich

Thursday, May 14

Breakfast
Assorted Cereal
French Toast Mini
Choice of Fruit
Apple Juice

Lunch
Chicken Tenders / Roll
Turkey Chef Salad
American Trio Sub
Big Daddy Pizza
Cheeseburger

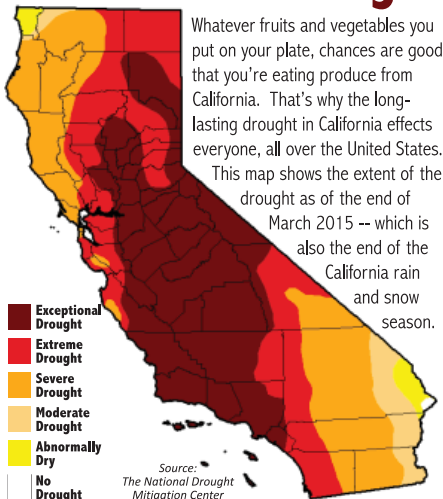
Friday, May 15

Breakfast
Assorted Cereal
Ham Patty
Toast
Choice of Fruit
Grape Juice

Lunch
Hot Dog
Tuna Salad Plate
Turkey & Cheese Sub
Big Daddy Pizza
Chicken Sandwich
Spicy



When California is dry, we're all in a drought



Whatever fruits and vegetables you put on your plate, chances are good that you're eating produce from California. That's why the long-lasting drought in California effects everyone, all over the United States. This map shows the extent of the drought as of the end of March 2015 -- which is also the end of the California rain and snow season.

Percentages of U.S. production that comes from California:

- Walnuts 99%
- Almonds 99%
- Artichokes 99%
- Pistachios 98%
- Kiwis 97%
- Plums 97%
- Broccoli 95%
- Celery 95%
- Garlic 95%
- Strawberries 92%
- Grapes 91%
- Tomatoes 90%
- Cauliflower 89%
- Lettuce 74%
- Spinach 71%
- Carrots 69%

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

Monday, May 18

Breakfast

- Assorted Cereal
- Chicken Patty Biscuit
- Choice of Fruit
- Apple Juice

Lunch

- Meatballs in Teriyaki
- Turkey Chef Salad
- Ham & Cheese Sub
- Big Daddy Pizza
- Cheeseburger

Tuesday, May 19

Breakfast

- Assorted Cereal
- Scrambled Eggs
- Toast
- Choice of Fruit
- Grape Juice

Lunch

- Sweet & Sour Chicken
- Chicken Salad Plate
- American Trio Sub
- Big Daddy Pizza
- Chick Fil-A Sandwich

Wednesday, May 20

Breakfast

- Assorted Cereal
- Breakfast Pizza
- Choice of Fruit
- Orange Juice

Lunch

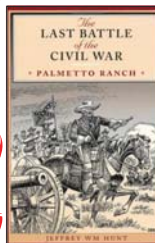
- Sausage Dog
- Ham Chef Salad Plate
- Ham & Cheese Sub
- Big Daddy Pizza
- Chicken Sandwich

NUTRITION TO GO

OK, parents. Here's your homework for the summer: set a good example for your kids during their time off from school by modeling good nutrition behavior for them. Buy and eat more fresh fruits and veggies, and cut back on your own snacking on foods that are high in fat, sodium, and sugar. We didn't say it would always be easy!

A TASTY MORSEL FOR PARENTS

OUR NATION'S HISTORY



The Last Battle of the Civil War: Palmetto Ranch, by Jeffrey W. Hunt

The American Civil war did not end in April 1865 with General Lee's surrender to General Grant in Virginia. A larger Confederate army surrendered in North Carolina several weeks later. And the final battle of the bloodiest war in American history didn't take place until May 1865, 150 years ago this month, at Palmetto Ranch, Texas, near the Mexican border. Ironically, this last engagement was a victory for the Confederate forces despite their losing the war!

WITH LIBERTY & JUSTICE FOR ALL

Thursday, May 21

Breakfast

- Assorted Cereal
- French Toast Mini
- Choice of Fruit
- Apple Juice

Lunch

- Chicken Tenders/Roll
- Turkey Chef Salad
- American Trio Sub
- Big Daddy Pizza
- Cheeseburger

Friday, May 22

Breakfast

- Assorted Cereal
- Ham Patty / Toast
- Choice of Fruit
- Grape Juice

Lunch

- Chicken Pot Pie
- Tuna Salad Plate
- Turkey & Cheese Sub
- Big Daddy Pizza
- Chicken Sandwich
- Spicy

ENJOY YOUR SUMMER!

Thanks For Your Business This Year.



We'll Be Here Waiting For You When You Get Back!