

# May 2021

## Roland-Story Middle School

### LUNCH



This institution is an equal opportunity provider.



**Fitness Tip:** MyPlate recommends:

- Children need at least 60 minutes of physical activity every day.
- Be active together as a family.
- Physical activity should be fun and offer variety.

### Monday

Chicken Strips  
Broccoli Normandy  
Peaches  
Milk

3

### Tuesday

Turkey Walking Tacos  
Corn  
Applesauce  
Milk

4

### Wednesday

Meatball Sub  
Peas  
Mixed fruit  
Milk

5

### Thursday

Sausage & Peperoni  
Calzone  
Romaine Salad  
Pears  
Milk

6

### Friday

Crispy Chicken Sandwich  
Mixed Vegetable  
Blueberries  
Milk

7

Corn Dog  
Carrot Slices  
Mandarin Oranges  
Milk

10

Chicken Tacos  
Black Beans  
Diced Mango  
Milk

11

Ham and Cheese Sub  
Sun Chips  
Apple Slices  
Baby Carrots  
Milk

12

Chicken & Gravy w/Biscuit  
Mashed Potatoes  
Apricots  
Milk

13

Cheese Pizza  
Romaine Salad  
Pineapple  
Milk

14

Pork Rib on a Bun  
Mixed Fruit  
Green Beans  
Milk

17

Crispito  
Chips W/Cheese  
Corn  
Pears  
Milk

18

Cheeseburger  
Fries  
Mandarin Oranges  
Milk

19

Shredded BBQ Chicken  
Sandwich  
Baked Beans  
Mixed Fruit  
Milk

20

Hot Dog  
Country Trio Veggies  
Peaches  
Milk

21

Peperoni Pizza  
Mixed Vegetables  
Grapes  
Milk

24

Beef Tacos  
Green Beans  
Peaches  
Milk

25

Popcorn Chicken  
Peas  
Mandarin Oranges  
Milk

26

Turkey Sub Sandwich  
Baby carrots  
Pineapple  
Milk

27

Fish Sticks  
Corn  
Applesauce  
Milk

28

31

Memorial Day  
NO SCHOOL

**Milk offered daily:**  
White, Chocolate, and  
Strawberry Skim Milk  
White 1% Milk

