

MENUS FOR MAY 2012



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Tolt Middle School

This institution is an equal opportunity provider.

We serve an assortment of fruits and vegetables on the salad bar.

We serve a choice of 1% white milk or fat free chocolate milk.

Tuesday, May 1

Breakfast
Choice of Breakfast Options

Lunch
Teriyaki Chicken
Brown Rice
Cheeseburger

Available Daily:
Chicken Sandwich
Corndog
Bean & Cheese Burrito
Sensational Salad Bar
Milk

Wednesday, May 2

Breakfast
Choice of Breakfast Options

Lunch
Big Daddy's Cheese Pizza
Big Daddy's Pepperoni Pizza

Available Daily:
Chicken Sandwich
Corndog
Bean & Cheese Burrito
Sensational Salad Bar
Milk

Thursday, May 3

Breakfast
Choice of Breakfast Options

Lunch
Fiesta Taco Bowl

NEW

Available Daily:
Chicken Sandwich
Corndog
Bean & Cheese Burrito
Sensational Salad Bar
Milk

Friday, May 4

K-12 Early Release

Breakfast
Choice of Breakfast Options

Lunch
Sack Lunch Available

Monday, May 7

Breakfast
Choice of Breakfast Options

Lunch
Mexican Fiesta Bar
Chicken Nuggets
Tater Tots

Available Daily:
Chicken Sandwich
Corndog
Bean & Cheese Burrito
Sensational Salad Bar
Milk

Tuesday, May 8

Breakfast
Choice of Breakfast Options

Lunch
Teriyaki Beef Dippers
Brown Rice
Cheeseburger

Available Daily:
Chicken Sandwich
Corndog
Bean & Cheese Burrito
Sensational Salad Bar
Milk

Wednesday, May 9

Breakfast
Choice of Breakfast Options

Lunch
Big Daddy's Cheese Pizza
Big Daddy's Pepperoni Pizza

Available Daily:
Chicken Sandwich
Corndog
Bean & Cheese Burrito
Sensational Salad Bar
Milk

Thursday, May 10

Breakfast
Choice of Breakfast Options

Lunch
Chicken Nuggets
Roasted Baby Bakers

Available Daily:
Chicken Sandwich
Corndog
Bean & Cheese Burrito
Sensational Salad Bar
Milk

Friday, May 11

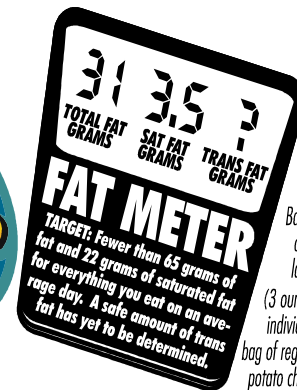
Breakfast
Choice of Breakfast Options

Lunch
Big Daddy's Cheese Pizza
Big Daddy's Pepperoni Pizza

Available Daily:
Chicken Sandwich
Corndog
Bean & Cheese Burrito
Sensational Salad Bar
Milk



ITEM: Bag o' Chips VERDICT: Sack o' Fat



Based on a large (3 ounce) individual bag of regular potato chips.

TIP: Seriously, it only takes about a ten-minute potato chip pig-out to blow half or more of your recommended fat for an entire day. So stick to the smallest bag (about 1 oz.) or take just a small handful from a bigger bag. Try the baked and lower-fat versions, too, but still try to eat just a handful.



MOTHER'S DAY - MAY 13, 2012
FATHER'S DAY - JUNE 17, 2012

Monday, May 14

Breakfast

Choice of Breakfast Options

Lunch

Mexican Fiesta Bar
Chicken Nuggets
Tater Tots

Available Daily:

Chicken Sandwich
Corndog
Bean & Cheese Burrito
Sensational Salad Bar
Milk

Tuesday, May 15

Breakfast

Choice of Breakfast Options

Lunch

Sweet & Sour Chicken
Brown Rice
Cheeseburger

Available Daily:

Chicken Sandwich
Corndog
Bean & Cheese Burrito
Sensational Salad Bar
Milk

Wednesday, May 16

Breakfast

Choice of Breakfast Options

Lunch

Big Daddy's Cheese Pizza
Big Daddy's Pepperoni Pizza

Available Daily:

Chicken Sandwich
Corndog
Bean & Cheese Burrito
Sensational Salad Bar
Milk

Thursday, May 17

Breakfast

Choice of Breakfast Options

Lunch

Creamy Tomato Soup
Texas Cheese Toast

Available Daily:

Chicken Sandwich
Corndog
Bean & Cheese Burrito
Sensational Salad Bar
Milk

Friday, May 18

K-12 Early Release

Breakfast

Choice of Breakfast Options

Lunch

Sack Lunch Available

Monday, May 21

Breakfast

Choice of Breakfast Options

Lunch

Mexican Fiesta Bar
Chicken Nuggets
Tater Tots

Available Daily:

Chicken Sandwich
Corndog
Bean & Cheese Burrito
Sensational Salad Bar
Milk

Tuesday, May 22

Breakfast

Choice of Breakfast Options

Lunch

Teriyaki Beef Dippers
Brown Rice
Cheeseburger

Available Daily:

Chicken Sandwich
Corndog
Bean & Cheese Burrito
Sensational Salad Bar
Milk

Wednesday, May 23

Breakfast

Choice of Breakfast Options

Lunch

Big Daddy's Cheese Pizza
Big Daddy's Pepperoni Pizza

Available Daily:

Chicken Sandwich
Corndog
Bean & Cheese Burrito
Sensational Salad Bar
Milk

Thursday, May 24

Breakfast

Choice of Breakfast Options

Lunch

Hot Ham & Cheese Bun
Baked Potato Wedges

Available Daily:

Chicken Sandwich
Corndog
Bean & Cheese Burrito
Sensational Salad Bar
Milk

Friday, May 25

Breakfast

Choice of Breakfast Options

Lunch

Big Daddy's Cheese Pizza
Big Daddy's Pepperoni Pizza

Available Daily:

Chicken Sandwich
Corndog
Bean & Cheese Burrito
Sensational Salad Bar
Milk

Monday, May 28



No School Today

Tuesday, May 29

Breakfast

Choice of Breakfast Options

Lunch

Orange Chicken
Brown Rice
Cheeseburger

Available Daily:

Chicken Sandwich
Corndog
Bean & Cheese Burrito
Sensational Salad Bar
Milk

Wednesday, May 30

Breakfast

Choice of Breakfast Options

Lunch

Big Daddy's Cheese Pizza
Big Daddy's Pepperoni Pizza

Available Daily:

Chicken Sandwich
Corndog
Bean & Cheese Burrito
Sensational Salad Bar
Milk

Thursday, May 31

Breakfast

Choice of Breakfast Options

Lunch

Fish & Chips
Homemade Soup

Available Daily:

Chicken Sandwich
Corndog
Bean & Cheese Burrito
Sensational Salad Bar
Milk

According to a recent study, on average, any Facebook user is within 4.74 friends of being connected to any of the other 721 million Facebook users in the world.

SNACK WELL?

Snack foods are loaded with empty calories from solid fats and added sugar. Sad thing is, a third of all of our daily calories, on average, come from candy, chips, soda, pastries, and other junky snack foods. Luckily, there's a cure for this condition: can you say fresh fruit?



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

OUR NATION'S HISTORY

During the American Civil War from 1861-1865, the town of Winchester, Virginia changed hands between the Union and Confederate forces 72 times -- including 13 times in one day! On several different occasions, battles raged right on Main Street in the middle of town!

WITH LIBERTY & JUSTICE FOR ALL