

Menu for May 2024 Springdale  
Junior/Senior High School

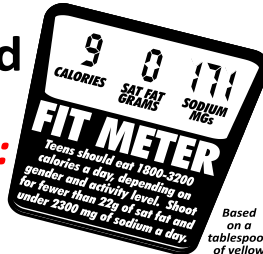


**eat fit**  
wanna stay fit?  
gotta eat right!



**item:**  
mustard

**verdict:**  
meet  
your  
new favorite  
summer squeeze

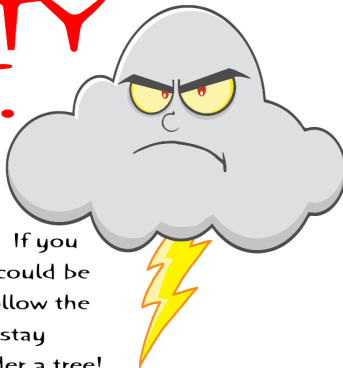


Based on a tablespoon of yellow mustard

**tip:** Ok, the grilled burgers and ballpark dogs of summer are calling your name. Want to make all that sumptuous summertime fare healthier? Reach for the mustard! Less fat and calories than mayo and zero added sugar, unlike ketchup!

**SAFETY FIRST.**

Lightning can strike even if it's not raining and the skies around you are sunny! If you can hear thunder, you could be in danger, so always follow the rule, "If thunder roars, stay indoors" – and not under a tree!



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

**Featured Specials of the Day**

**Wednesday, May 1**

Line 1: General TSO's Chicken with Rice  
Line 2: Hamburger & Baked Fries

**Thursday, May 2**

Line 1: Double Burger with Baked Fries  
Line 2: Buffalo Chicken Pizza

**Friday, May 3**

Line 1: Italian Dunkers with Pizza Sauce  
Line 2: Deli Hoagie or PB&J Sandwich

**Monday, May 6**

Line 1: Chicken Sandwich with Waffle Fries  
Line 2: Buffalo Chicken Wrap or Pizza

**Tuesday, May 7**

Line 1: BBQ Rib Sandwich with Mac & Cheese  
Line 2: Chicken Sandwich or Pizza

**Wednesday, May 8**

Line 1: Pasta & Meatballs with Toasted Breadstick  
Line 2: Hamburger with Baked Fries

**Thursday, May 9**

Line 1: Chicken Parmesan Sandwich  
Line 2: Chicken Tenders or Pizza

**Friday, May 10**

Line 1: Steak Burger with Baked Fries  
Line 2: Sweet Sausage Sandwich or Pizza

**SCHOOL LUNCH SUPERHERO DAY**

May 3rd!



**Breakfast:**

Choose at least 3 of the 4 available components

Daily breakfast entrée or variety of alternate choices

Fruit Choice or 100% Fruit Juice

Fat-Free & Low-Fat Milk

Serving Times: 7:10am to 7:40am

**NUMBERS GAME.**

30 SPF sunscreen provides about the same protection from sunburn and skin damage as higher numbers. What's important is to get good skin coverage, reapply at least every 2 hours (more frequently when swimming or exercising), and choose sunscreen that provides "broad-spectrum" or "UVA/UVB" protection.



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## Featured Specials of the Day

### Monday, May 13

Line 1: Chicken Sandwich with Mac & Cheese

Line 2: Corn Dog Nuggets or Pizza

### Tuesday, May 14

Line 1: Beef & Cheese Nachos with Steamed Corn

Line 2: Chicken Sticks with Baked Fries

### Wednesday, May 15

Line 1: Popcorn Chicken Bowl

Line 2: Hamburger with Baked Fries

### Thursday, May 16

Line 1: Pepperoni Roll with Pizza Sauce Cup

Line 2: Deli Hoagie or PB&J Sandwich

### Friday, May 17

Line 1: Grilled Cheese with Soup

Line 2: Spicy Chicken Wrap or Pizza

## Making a Complete Meal

A school lunch consist of 5 components:

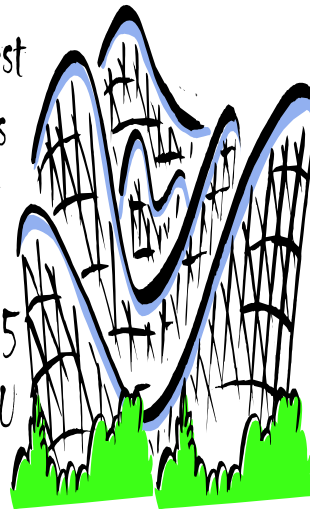
Protein, Vegetables, Grains,  
Fruit and Milk.

Please choose at least 3 components to  
make a reimbursable meal.

Under the new guidelines, one of your  
selections must include a serving of  
fruit or vegetable.

\*All lunches include choice of milk.

The world's tallest  
roller coaster is  
over 450 feet  
high and hits  
speeds up to 125  
mph! Would YOU  
ride it?!?



## Featured Specials of the Day

### Monday, May 20

Line 1: Hot Honey Chicken Sandwich

Line 2: Buffalo Chicken Wrap or Pizza

### Tuesday, May 21

Line 1: Beef Taco with Spanish Rice

Line 2: Corn Dog Nuggets or Pizza

### Wednesday, May 22

Line 1: French Toast with Sausage & Hash Browns

Line 2: Chicken Sandwich or Pizza

### Thursday, May 23

Line 1: Double Burger with Baked Fries

Line 2: Buffalo Chicken Pizza

### Friday, May 24

Line 1: French Bread Pizza

Line 2: Hamburger with Baked Fries

### Tuesday, May 28

Line 1: Beef & Cheese Nachos with Steamed Corn

Line 2: Chicken Tenders with Baked Fries

### Wednesday, May 29

Line 1: Cheeseburger with Baked Fries

Line 2: Grilled Hot Dogs

### Thursday, May 30

Line 1: Chicken Sticks with Baked Fries

Line 2: Cook's Choice

### Friday, May 31

Line 1: BOSCO Sticks with Pizza Sauce

Line 2: Cook's Choice



## Summer Food Service Program

**Text:** "FOOD" or "COMIDA" to 877877

**Call:** 211 or 1-866-3HUNGRY or 1-877-8HAMBRE

**Visit:** [fns.usda.gov/summerfoodrocks](https://fns.usda.gov/summerfoodrocks)

**Download the app:** RangeAPP.org



## YOUR ASSIGNMENT

Have a GREAT  
summer! We'll see  
you in a few  
months!

