

Kids Cooking

Poolside Dippers

Splash'O Ranch:

8 oz. sour cream
8 oz. plain low-fat yogurt
1 (1oz.) packet ranch-flavored dry salad dressing mix (without buttermilk solids)

Cut -up Vegetables

1. Mix together sour cream, yogurt, and dressing mix in a bowl. Cover and chill. Serve dip with assorted cut-up vegetables.

Swimmin' in Peanut Butter:

4 oz. reduced-fat cream cheese
1/2 cup creamy peanut butter
2 to 3 tablespoons milk
2 teaspoons honey
Assorted dippers (celery sticks, apple wedges, baby carrots, graham crackers, etc.)

1. Let cream cheese stand at room temperature for 30 minutes to soften.
2. Beat cream cheese with electric mixer on medium speed until smooth. Stop mixer and scrape sides of bowl with spatula. Add peanut butter, milk, and honey. Beat with electric mixer until well combined and smooth. Chill before serving.
3. Serve with dippers.



Fri., May 1

Breakfast

Jelly Biscuit

Lunch

Hamburger/Cheeseburger
Ham & Cheese Sub
Chef Salad with Turkey
French Fries
Lettuce/Tomato
Cali-blend Vegetables
Baked Beans
Chilled Applesauce
Freshly-baked Cookie
Crackers

Mon., May 4

Breakfast

Chicken Biscuit

Lunch

Cheesy Nachos
Burrito
Chef Salad with Egg
Mexican Rice
Lettuce/Tomato
Corn
Apple Wedges
Chilled Fruit Cocktail
Pudding
Crackers

Tues., May 5

Breakfast

Cinn. Oatmeal/Eggs

Lunch

Chicken Nuggets
Turkey & Cheese Wrap
Taco Salad
Mashed Potatoes
Garden Salad
Green Peas
Fruit/Vegetable (M.C.)
Orange Wedges
Juice Bar
Roll/Crackers

Wed., May 6

Breakfast

Sausage Biscuit

Lunch

Pan Pizza
Sloppy Joes
Chicken Salad
Pasta Salad
Lettuce/Tomato
Collard Greens
Beckard-eyed Peas
Chilled Pineapple
Sherbet
Jalapeno Cornbread

Thurs., May 7

Breakfast

Breakfast Pizza

Lunch

Grilled Chicken Sandwich
Frito Pie
Salad Trio
Starch Side (M.C.)
Lettuce/Tomato
Green Beans
Carrot Raisin Salad
Fruit Salad
Freshly-baked Cookie
Crackers

Fri., May 8

Breakfast

Grits/Eggs

Lunch

Hamburger/Cheeseburger
Entrée (M.C.)
Chef Salad with Ham
French Fries
Veggie Dippers
Glazed Carrots
Breaded Okra
Fruit/Vegetable (M.C.)
Dessert (M.C.)
Crackers

Mon., May 11

Breakfast

Sausage Biscuit

Lunch

Cheesy Ravioli
Turkey & Cheese Sub
Fruit & Cottage Cheese
Tater Tots
Garden Salad
Mixed Vegetables
Chilled Pineapple
Chilled Mandarin Oranges
Sherbet
Texas Toast/Crackers

Tues., May 12

Breakfast

Cinn. Oatmeal/Eggs

Lunch

Fish Nuggets
Tacos
Chef Salad with Ham
Mashed Potatoes
Lettuce/Tomato
Green Peas
Orange Wedges
Fruit/Vegetable (M.C.)
Pudding
Roll/Crackers

Wed., May 13

Breakfast

Chicken Biscuit

Lunch

Pizza
Ham & Cheese Wrap
Chef Salad with Egg
Starch Side (M.C.)
Garden Salad
Broccoli & Cheese
Baked Beans
Apple Wedges
School-made Cake (M.C.)
Crackers

Thurs., May 14

Breakfast

French Toast & Sausage

Lunch

BBQ Sandwich
Crispy Chicken Bites
Apple & Yogurt Salad
Herb-Roasted Potatoes
Lettuce/Tomato
Vegetable (M.C.)
Refried Beans
Chilled Pears
Juice Bar
Crackers

Dear Parent:

This menu is provided so that you can discuss meal choices with your child. **This month's menu contains numerous manager choices (M.C.). Please contact your child's school for details.**

Our goal is healthy children—ready to learn.

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