



This institution is an equal opportunity provider. Menus are subject to change.

Whiteside Middle Elementary



YOU'RE STILL GOOD!

ALL STUDENTS EAT ALL MEALS @ NO COST THROUGH THE END OF THIS SCHOOL YEAR

As of now, we anticipate returning to our pre-pandemic operations next fall. Please see the other page for more detail, and we will keep our families informed as plans are finalized for the 2022-2023 school year. Thanks for your patience and, for now, keep enjoying those free meals!

NUTRITION TO GO

Broccoli is an excellent source of vitamin C and beta carotene, both of which can help fight cancer. Frozen broccoli actually has more beta carotene (but less vitamin C) than fresh. Steaming fresh broccoli is the best way to retain nutrients and avoid the "too strong" flavor that results from overcooking.

A QUICK BITE FOR PARENTS

Monday, May 2	Tuesday, May 3	Wednesday, May 4	Thursday, May 5	Friday, May 6
<p>Breakfast Cereal & Yogurt</p> <p>Lunch -Pepperoni Pizza -Chef Salad & Bosco Stick -Deli Sandwich Seasoned Carrots Chilled Pears Cold Milk</p>	<p>Breakfast Pop Tarts</p> <p>Lunch -Cheeseburger -BBQ Grilled Chicken Sandwich -Deli Sandwich Cheesy Broccoli Fresh Apple Cold Milk</p>	<p>Breakfast Mini Waffles</p> <p>Lunch -Toasted Ravioli & Bosco Stick -Ham & Cheese Croissant -Deli Sandwich Seasoned Green Beans Chilled Strawberries Cold Milk</p>	<p>Breakfast Blueberry Muffins</p> <p>Cinco De Mayo Lunch -Chicken Nachos -Cheese Quesadilla -Deli Sandwich Seasoned Black Beans Fresh Orange "CHURRO" Cold Milk</p>	<p>Breakfast Pancake & Sausage On a Stick</p> <p>Lunch -Popcorn Chicken Bowl and Roll -Fish Sandwich -Deli Sandwich Sweet Corn Cool Applesauce Cold Milk</p>
Monday, May 9	Tuesday, May 10	Wednesday, May 11	Thursday, May 12	Friday, May 13
<p>Breakfast Nutri-grain Bar & String Cheese</p> <p>Lunch -Cheese Pizza -Caesar Salad & Bosco Stick -Deli Sandwich Seasoned Green Bean Chilled Peaches Cold Milk</p>	<p>Breakfast Breakfast Round</p> <p>Lunch -Hot Dog on Bun -Sloppy Joe Sandwich -Deli Sandwich Baby Carrots Fresh Apple Rice Krispy Treat Cold Milk</p>	<p>Breakfast Sausage Biscuit</p> <p>Lunch -Bacon Cheeseburger -Hot & Spicy Chicken Sandwich -Deli Sandwich French Fries Chilled Mixed Fruit Cold Milk</p>	<p>Breakfast Banana Muffins</p> <p>Lunch -Alfredo Penne Pasta & Bosco Stick -Mini Corn Dogs -Deli Sandwich Steamed Broccoli Cool Applesauce Cold Milk</p>	<p>Breakfast Honey Bun</p> <p>Lunch -Soft Beef Tacos -Twin Deli Turkey Roll Ups (2 Tortillas with Deli Turkey and Cheese Rolled Up) -Deli Sandwich Cheesy Refried Beans Fresh Orange Cold Milk</p>