## Breakfast Menu

### Whiteside Middle Elementary

#### May 2022

**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 Tips

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.

### Quick Bite for Parents

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

### Mothers Day May 8

#### Mother’s Day Menu

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

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Whiteside Middle Elementary

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**Whiteside Middle Elementary**

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### May

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### Nutri-grain Bar & String Cheese

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### Steamed Broccoli

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### Chilled Pears

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### Rice Krispy Treat

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### Cool Applesauce

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### Chilled Mixed Fruit

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### Milk

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### Orange

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### Cold Milk

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### Fresh Orange

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### Cold Milk

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### Cool Applesauce

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### Cold Milk

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### Sweet Corn

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### Cool Applesauce

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### Cold Milk