

St. Peter School Menu for May 2021

Families Making the Connection

Vary Your Veggies

MyPlate helps families build a healthy plate. MyPlate includes five food groups. The vegetable group is green.

There are so many colorful vegetables to choose from—green, orange, red, yellow, purple, white, etc. Veggies can be fresh, frozen, canned, dried, dehydrated or 100% juice. Vary your veggies, with choices deep in color, for more nutrients. Veggies offer energy, vitamins, minerals and fiber, which can help reduce your risk for heart disease, type 2 diabetes and cancer. They can also help with weight management. Opt for “low sodium” or “no salt added” if you choose canned vegetables or vegetable juice. School meals offer a variety of vegetable choices each day.

Try these tips to add more veggies to meals and snacks for your family:

- Add color and flavor to meals and snacks with veggies.
 - Buy fresh veggies in season. They could cost less and be at peak flavor. Check out local farms or farmers markets.
 - Stock up on some frozen and low sodium canned veggies.
 - Set aside a small amount of time to wash and prepare your veggies when you get them from the store or market.
 - Extend meals by adding veggies to them.
- Learn more at <https://www.myplate.gov>.

Monday, May 3	Tuesday, May 4	Wednesday, May 5	Thursday, May 6	Friday, May 7
HOT DOG/BUN BAKED BEANS SMILEY FRIES DICED PEARS	SALISBURY STEAK MASHED TATORS/ GRAVY SWEET PEAS TROPICAL FRUIT DINNER ROLL	CHICKEN PATTY/BUN TATOR WEDGES GREEN BEANS YOGURT/BLUEBERRIES	HOT HAM/CHEESE SANDWICHES PRETZEL VEGGIE BOAT/DIP FRUIT MIX	PANCAKE/SYRUP SAUSAGE LINK WARM CINNAMON AP- PLES HARD BOILED EGG RAZZY JUICE
Monday, May 10	Tuesday, May 11	Wednesday, May 12	Thursday, May 13	Friday, May 14
MEAT BALL SUB FRENCH FRIES MIXED VEGGIES APPLE SLICES/DIP	PEPPERONI PIZZA SPINACH SALAD WATERMELON COOKIE	LASAGNA ROLL UP ITALIAN VEGGIES FROZED FRUIT CUP GARLIC BREAD	SLOPPY JOE/BUN TATOR PATTY BUTTERED CARROTS DICED PEACHES COOKIE	FRENCH TOAST STIX SAUSAGE PATTY HARD BOILED EGG STRAWBERRY CUPS
Monday, May 17	Tuesday, May 18	Wednesday, May 19	Thursday, May 20	Friday, May 21
WALKING TACO SPANISH RICE REFRIED BEANS MANDARIN ORANGES LETTUCE/TOMATO/ CHEESE	ITALIAN DUNKIN BAKED CHIPS CALIFORNIA MIX VEG- GIES SIDE KICKS, COOKIE CRANRAISINS	CHICKEN NUGGETS MASHED POTATOES/ GRAVY BUTTERED CORN DICED PEARS DINNER ROLL	COLD CERIAL/MILK HARD BOILED EGG FRUIT CUP DOUGHNUT HOLES RAZZY JUICE	COOKOUT: HOT DOG/BUN ETC.
Monday, May 24	Tuesday, May 25	Wednesday, May 26	Thursday, May 27	Friday, May 28
COOK'S CHOICE	COOK'S CHOICE	PICNIC - LAST DAY OF SCHOOL 1/2 DAY NO LUNCH		
Monday, May 31				
		MAY ALL OF YOU HAVE A WONDERFUL, BLESSED, SAFE SUMMER.		