

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|---|
|  | Mini Corn Dogs 1 Mustard Baked Beans Raw Veggie Sticks Ranch Dressing Rosey Applesauce Milk | Beef Taco 2 Salsa Refried Beans Fresh Fruit Royal Brownie Milk | BBQ Chicken 3 Rice Brown Gravy Mixed Vegetables Biscuit & Honey Fresh Fruit Milk | Fish Strips 4 Potato Wedges Ketchup Mixed Green Salad Ranch Dressing Fresh Fruit Milk |
| Chicken Fried Steak 7 Mashed Potatoes Gravy & Biscuit Peas and Carrots Assorted Gelatin Milk | Sloppy Joe on Bun 8 Potato Puffs Ketchup Coleslaw Fresh Fruit Milk | Corn Dog 9 Mustard Baked Beans Carrot & Celery Sticks With Ranch Dressing Diced Pears Milk | Chicken Sandwich 10 Mustard/Mayonnaise Sandwich Salad Cup French Fries Ketchup Strawberry Gelatin Milk | Baked Ham 11 Blackeyed Peas Garden Salad Ranch Dressing Roll Pineapple Tidbits Milk |
| Chili Dog 14 Potato Wedges Ketchup Confetti Coleslaw Sliced Peaches Milk | Lasagna 15 Green Salad Ranch Dressing Seasoned Corn Italian Bread Stick Pineapple Tidbits Milk | BBQ Chicken 16 Potato Salad Green Beans Biscuit & Honey Fresh Fruit Milk | Ham & Cheese Sandwich 17 Mayonnaise/Mustard Sandwich Salad Cup Pretzels Apple Wedges Caramel Topping Milk | Nautical Fish Shapes 18 Ketchup Baked Beans Coleslaw Cornbread Fresh Fruit Milk |
| Hot Dog on Bun 21 Mustard Baked Beans Raw Veggie Strips Ranch Dressing Sliced Peaches Milk | Taco, Beef 22 Salsa Refried Beans Fresh Fruit Chocolate Chip Cookie Milk | Oven Fried Chicken 23 Mashed Potatoes Brown Gravy Mixed Green Salad Ranch Dressing Bread Basket Sherbet Milk | MANAGER'S CHOICE !!! 24 | MANAGER'S CHOICE!!!! 25 |
| MEMORIAL DAY !!!!! 28 | MANAGER'S CHOICE 29 | MANAGER'S CHOICE 30 | MANAGER'S CHOICE 31 | |

NUTRITION TIP: Hydration Tips for Athletes

- Only a 2% (3-lb loss for a 150-lb athlete) weight loss during exercise can reduce your performance.¹
- When you get thirsty you are already dehydrated. Try to drink every 15 minutes of exercise.²

School Information:

- STRONG MIDDLE & LEE HIGH MENUS