

# [Insert Public School Unit] Breakfast Menus for May 2026

| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| --- | --- | --- | --- | --- |
|  |  |  |  | May 1 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |
| May 4 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | May 5 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | May 6 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | May 7 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | May 8 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |
| May 11 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | May 12 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | May 13 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | May 14 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | May 15 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |
| May 18 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | May 19 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | May 20 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | May 21 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | May 22 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |
| May 25 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | May 26 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | May 27 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | May 28 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | May 29 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |

## Families Making the Connection

### Be Active Every Day for Fitness Benefits!

Did you know May is National Physical Fitness and Sports Month? Sports and fitness activities help you:

* Develop stronger muscles, bones, and joints
* Improve coordination, balance, and flexibility
* Enhance attention, memory, and problem-solving
* Boost academic performance
* Work on cooperation, communication, and leadership
* Reduce stress and anxiety and build self-esteem
* Sleep better
* Make friends
* Build healthy habits for a lifetime

What can you do?

* Turn on some music, dance, and sing.
* Take a walk or go for a run or bike ride.
* Play basketball, soccer, tennis, pickleball, or another sport.
* Get outside. Explore nature at a local park or trail.
* Play an active game with friends or family.
* Plant or work in a garden.
* Try a new activity. Spend time with others.

Celebrate Physical Fitness and Sports Month and be active every day. Kids should aim for 60 minutes and adults should aim for 30 minutes of daily physical activity. Learn more and find resources at <https://odphp.health.gov/our-work/nutrition-physical-activity/physical-activity-guidelines>.



# [Insert Public School Unit] Lunch Menus for May 2026

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| --- | --- | --- | --- | --- |
|  |  |  |  | May 1 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk |
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