

# [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 |

## Nutrition Byte

### Explore 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.

Aim for 60 minutes of daily physical activity. **Nutrilink:** 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

| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| --- | --- | --- | --- | --- |
|  |  |  |  | May 1 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk |
| May 4 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | May 5 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | May 6 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | May 7 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | May 8 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk |
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