

# [Insert Public School Unit] Breakfast Menus for May 2024

| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| --- | --- | --- | --- | --- |
|  |  | May 1 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | May 2 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | May 3 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 9 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | May 10 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 16 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | May 17 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 23 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | May 24 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 | May 30 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | May 31 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |

## Nutrition Byte

### Strawberries are SUPER!

Strawberries are fruits that grow on small plants. The strawberry is the 5th most popular fruit in the United States behind bananas, apples, oranges, and grapes. Strawberries can be available year-round. Peak season in the U.S. is May to July and in North Carolina is mid-April to mid-June. Did you know May is National Strawberry Month?

North Carolina is the 4th largest strawberry producer in the nation. North Carolina has many “pick your own” farms. **Nutrilink:** Find one near you at [GottoBeNC.com](https://gottobenc.com/).

Is a strawberry really a berry? A strawberry is not considered a true berry (like blueberries and cranberries) because its seeds are on the outside of the fruit. Did you know that an average strawberry has around 200 seeds? Each “seed” on the outside of a strawberry is considered an individual fruit.

Strawberries are fun to eat fresh, whole or sliced, as a snack or part of a meal. You can add them to salads or lowfat yogurt. Use as a topping for waffles, pancakes, or cereal. Or blend into smoothies. Strawberries will not ripen after picking. Choose strawberries with a solid red color, and very little green or white. Wash your strawberries thoroughly under clean, running water.

Strawberries are a superfood—packed with nutrients. Not only are strawberries deliciously sweet but they also help keep you healthy. Strawberries are an excellent source of vitamin C and a good source of fiber. A cup of whole strawberries has around 50 calories and 140 percent of the vitamin C Daily Value. Strawberries are cholesterol free and low in fat and sodium. Eight strawberries contain more vitamin C than one orange! **Nutrilink:** Learn more about strawberries and other fruits and vegetables at <https://bit.ly/3c30kws>.



# [Insert Public School Unit] Lunch Menus for May 2024

| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| --- | --- | --- | --- | --- |
|  |  | May 1 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | May 2 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | May 3 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 | May 9 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | May 10 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk |
| May 13 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | May 14 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | May 15 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | May 16 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | May 17 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk |
| May 20 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | May 21 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | May 22 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | May 23 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | May 24 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk |
| May 27 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | May 28 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | May 29 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | May 30 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk | May 31 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk |

## Nutrition Byte

### Strawberries are SUPER!

Strawberries are fruits that grow on small plants. The strawberry is the 5th most popular fruit in the United States behind bananas, apples, oranges, and grapes. Strawberries can be available year-round. Peak season in the U.S. is May

to July and in North Carolina is mid-April to mid-June. Did you know May is National Strawberry Month?

North Carolina is the 4th largest strawberry producer in the nation. North Carolina has many “pick your own” farms. **Nutrilink:** Find one near you at [GottoBeNC.com](https://gottobenc.com/).

Is a strawberry really a berry? A strawberry is not considered a true berry (like blueberries and cranberries) because its seeds are on the outside of the fruit. Did you know that an average strawberry has around 200 seeds? Each “seed” on the outside of a strawberry is considered an individual fruit.

Strawberries are fun to eat fresh, whole or sliced, as a snack or part of a meal. You can add them to salads or lowfat yogurt. Use as a topping for waffles, pancakes, or cereal. Or blend into smoothies. Strawberries will not ripen after picking. Choose strawberries with a solid red color, and very little green or white. Wash your strawberries thoroughly under clean, running water.

Strawberries are a superfood—packed with nutrients. Not only are strawberries deliciously sweet but they also help keep you healthy. Strawberries are an excellent source of vitamin C and a good source of fiber. A cup of whole strawberries has around 50 calories and 140 percent of the vitamin C Daily Value. Strawberries are cholesterol free and low in fat and sodium. Eight strawberries contain more vitamin C than one orange! **Nutrilink:** Learn more about strawberries and other fruits and vegetables at <https://bit.ly/3c30kws>.