

# [Insert Public School Unit] Breakfast Menus for May 2025

| **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 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 9 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 16 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 23 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 | May 30 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |

## Nutrition Byte

### Go Screen Free!

May 5-9 is Screen Free Week! This annual, international celebration promotes reading, playing, thinking, creating, getting active, and spending more time with family and friends instead of watching TV, surfing the web, or playing with apps and video games. You can still use devices for work or school.

Why go screen free?

* Screen time can take away from physical activity that everyone needs to be healthy. Youth and adults who are active are more likely to be at a healthy weight, be sick less often, and sleep better. They are also able to focus, do better in school or at work, and are less likely to feel stressed or depressed.
* Excessive screen time can take us away from connecting with others.

What can you do?

* Take breaks from screens – smart phone, computer, TV, etc.
* 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.
* Work on an art or craft project.
* Get outside. Explore nature at a local park or trail.
* Play a game or put together a puzzle with friends or family.
* Plant or work in a garden.
* Read a book.
* Try a new activity or hobby. Spend time with others.
* Volunteer in your community.

**Nutrilink:** Learn more and find resources at <https://screenfree.org>.



# [Insert Public School Unit] Lunch Menus for May 2025

| **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 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 | May 9 Entrée  Entrée  Vegetable  Vegetable  Fruit  Fruit  Lowfat or Fat Free Milk |
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