



Menus for
May
2022

**CNMI Public School
System
Child Nutrition
Program**

This institution is an equal opportunity provider. Menus are subject to change.

CINCO de MAYO

Cinco de Mayo (Spanish for "May Fifth") is a time to celebrate Mexican-American food and culture in the U.S. It's a much bigger deal here than it is in Mexico!



COOK FRESH.

A lot of processed foods – cereal, ketchup, cheese, and soda, to name just a few common items -- are often loaded with sodium (whether you can taste it or not) and most restaurant meals are very high in salt, too. In fact, the best way to be sure that your family is not eating too much sodium is to cook fresh foods at home and keep your hands off the shaker.



**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!**

1 AND ONLY!
Only one town in the U.S. is simply named "Beach" -- and it's in North Dakota, which is land-locked! The town was named after a person, Captain Warren Beach.

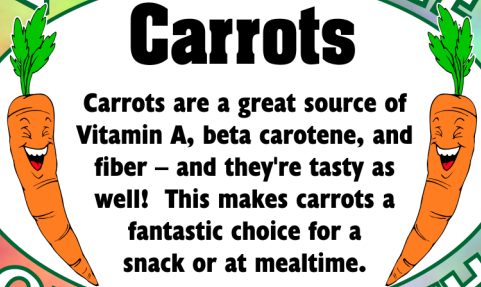
SURF'S UP!
NOT!

Monday, May 2	Tuesday, May 3	Wednesday, May 4	Thursday, May 5	Friday, May 6
<p><u>Breakfast</u> Assorted Cereal Fruit</p> <p><u>Lunch</u> Chicken Curry with Carrots and Potato Chunks Steamed Broccoli Steamed Rice Fruit</p> <p><u>Secondary Second Choice</u> Salad Bar / packed Salad Whole Grain Roll or Crackers Fruit</p>	<p><u>Breakfast</u> Fried Rice with Portuguese Sausage Fruit</p> <p><u>Lunch</u> Cheeseburger Sandwich Sides Sweet Potato Fries Fruit</p> <p><u>Secondary Second Choice</u> Chicken Burger Sandwich Sides Sweet Potato Fries Fruit</p>	<p><u>Breakfast</u> Ham & Cheese Roll Fruit</p> <p><u>Lunch</u> Kung Pao Chicken Steamed Rice Carrots & Broccoli Fruit</p> <p><u>Secondary Second Choice</u> Salad Bar / packed Salad Whole Grain Roll or Crackers Fruit</p>	<p><u>Breakfast</u> Sausage Patty with Garlic Rice Fruit</p> <p><u>Lunch</u> Beef Lasagna Garlic Cauliflower & Broccoli Corn Fruit</p> <p><u>Secondary Second Choice</u> Tuna Salad Sandwich Whole Grain Bun Sandwich Sides Japanese Salad Fruit</p>	<p><u>Breakfast</u> Pancakes w/ Syrup Bacon Fruit</p> <p><u>Lunch</u> Breaded Fish w/ Sauce Red Rice Potato Wedges Local Vegetables Fruit Flavored Milk</p> <p><u>Secondary Second Choice</u> Salad Bar / packed Salad Whole Grain Roll or Crackers Fruit</p>
Monday, May 9	Tuesday, May 10	Wednesday, May 11	Thursday, May 12	Friday, May 13
<p><u>Breakfast</u> Assorted Cereal Fruit</p> <p><u>Lunch</u> Grilled Ham Steak Steamed Rice Sweet Potato Fries Texas BBQ Beans Fruit</p> <p><u>Secondary Second Choice</u> Salad Bar / packed Salad Whole Grain Roll or Crackers Fruit</p>	<p><u>Breakfast</u> Ground Beef & Vegetable Omelet Steamed Rice Fruit</p> <p><u>Lunch</u> Chicken Burger Potato Wedges Broccoli Fruit</p> <p><u>Secondary Second Choice</u> Sub Sandwich on WGR Roll Honey Onion Dressing Vegetable Sticks & Dip Fruit</p>	<p><u>Breakfast</u> Pan de Sal with Egg & Cheese Fruit</p> <p><u>Lunch</u> Beef Steak with Green Peas & Onions Red Rice Broccoli Fruit</p> <p><u>Secondary Second Choice</u> Salad Bar / packed Salad Whole Grain Roll or Crackers Fruit</p>	<p><u>Breakfast</u> Sausage and Egg Scramble Steamed Rice Fruit</p> <p><u>Lunch</u> Cheese Pizza Vegetable Sticks & Dip Fruit</p> <p><u>Secondary Second Choice</u> Buffalo Chicken Wrap Vegetable Sticks & Dip Japanese Salad Fruit</p>	<p><u>Breakfast</u> French Toast w/ Syrup Sausage Fruit</p> <p><u>Lunch</u> BBQ Chicken Red Rice Potato Salad Corn Fruit Flavored Milk</p> <p><u>Secondary Second Choice</u> Salad Bar / packed Salad Whole Grain Roll or Crackers Fruit</p>

VEGETABLE

Carrots

Carrots are a great source of **Vitamin A, beta carotene, and fiber** – and they're tasty as well! This makes carrots a fantastic choice for a snack or at mealtime.



OF THE MONTH

Monday, May 16

Breakfast
Assorted Cereal
Fruit

Lunch
Oven Fried Chicken
Red Rice
Sauteed Spinach
Corn
Fruit

Secondary Second Choice
Salad Bar / packed Salad
Whole Grain Roll or Crackers
Fruit

Tuesday, May 17

Breakfast
Sausage Links
Garlic Fried Rice
Fruit

Lunch
Marianas BBQ Cheeseburger
Sandwich Sides
Sweet Potato Fries
Fruit

Secondary Second Choice
5 Alarm Pizza
Vegetable Sticks & Dip
Fruit

Wednesday, May 18

Breakfast
Grilled Cheese Sandwich
Fruit

Lunch
Beef Bulgogi w/ Bell Peppers
Bean Sprouts & Onions
Carrots
Steamed Rice
Fruit

Secondary Second Choice
Salad Bar / packed Salad
Whole Grain Roll or Crackers
Fruit

Thursday, May 19

Breakfast
Grilled Ham
Fried Rice
Fruit

Lunch
Spaghetti Bolognese
Dinner Roll
Garlic Spinach
3 Bean Salad
Fruit

Secondary Second Choice
Chicken Kelaguen with Titiyas
Vegetable Sticks and Dip
Japanese Salad
Fruit

Friday, May 20

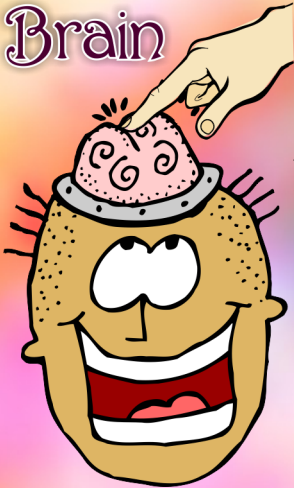
Breakfast
Pancakes w/ Syrup
Bacon
Fruit

Lunch
Breaded Fish w/ Sauce
Red Rice
Potato Wedges
Local Vegetables
Fruit
Flavored Milk

Secondary Second Choice
Salad Bar / packed Salad
Whole Grain Roll or Crackers
Fruit

Brain Ticklers

What is the largest living ant in the world?



(Hold the page upside down and read it in a mirror for the answer!)

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Monday, May 23

Breakfast
Assorted Cereal
Fruit

Lunch
Chicken Alfredo w/Spinach
Garden Salad
Local Vegetables
Fruit

Secondary Second Choice
Salad Bar / packed Salad
Whole Grain Roll or Crackers
Fruit

Tuesday, May 24

Breakfast
Tropical Storm Fried Rice
Fruit

Lunch
Turkey and Gravy
Dinner Roll
Mashed Potatoes
Steamed Carrots
Fruit

Secondary Second Choice
Thai Beef Noodle Bowl
Bell Peppers & Carrots
Mixed Vegetables
Fruit

Wednesday, May 25

Breakfast
Macaroni & Cheese
Fruit

Lunch
Beef & Broccoli
Steamed Rice
Mixed Vegetables
Fruit

Secondary Second Choice
Salad Bar / packed Salad
Whole Grain Roll or Crackers
Fruit

Thursday, May 26

Last Day of Public School Classes

Breakfast
Fried Rice with
Chicken Nuggets
Fruit

Lunch
Pepperoni Pizza
Vegetable Sticks & Dip
3 Bean Salad
Fruit

Friday, May 27

Breakfast
French Toast w/Syrup
Sausage
Fruit

Lunch
Marinara Pasta Bake
Sesame Broccoli
Carrots
Fruit
Flavored Milk

NUTRITION TO GO

Broccoli is an excellent source of **vitamin C and beta carotene**, both of which can help fight cancer. Frozen broccoli actually has more beta carotene (but less vitamin C) than fresh. Steaming fresh broccoli is the best way to retain nutrients and avoid the "too strong" flavor that results from overcooking.

A QUICK BITE FOR PARENTS

Monday, May 30



MEMORIAL DAY
NO SCHOOL TODAY

Tuesday, May 31

Breakfast
Fried Rice with
Portuguese Sausage
Fruit

Lunch
Cheeseburger
Sandwich Sides
Sweet Potato Fries
Fruit



NORTHERN MARIANAS PACIFIC MINI GAMES 2022

JUNE 17th - 25th

www.northernmarianas2022.com