



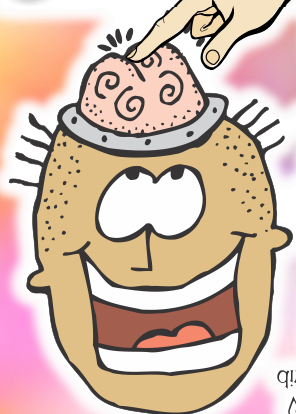
MEMORIAL DAY MAY 26

**Menus
for
May
2025**

**CNMI Public
School System,
Child Nutrition
Program**

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

Brain Ticklers



If a man builds a
house with all 4
sides facing south,
and a bear walks
by the house, what
color is the bear?

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

Upside down on the front page!!
This is the answer!

GOING NATURAL?

There's no legal definition of the word "natural"
on a food label. So it doesn't really
mean much at all. To truly "go
natural," eat lots of
whole foods

100% NATURAL
(like fruits,
veggies, nuts, beans,
lean protein) that don't have
any other ingredients at all -- naturally.

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

Queen for a Day!



Mother's Day ♡ Sunday, May 11

Thursday, May 1

Breakfast

Fried Rice with Portuguese Sausage
Fruit/Fruit Smoothie

Lunch

Spaghetti Bolognese
WGR Roll
Garden Salad w/ Tomatoes & Dressing
Spanish Chickpeas
Fruit

Secondary Second Choice

Vegilicious Salad
Ham/Hard Boiled Eggs
WGR Penne Pasta
Fruit

Friday, May 2

Breakfast

French Toast w/ Syrup & Sausage
Fruit

Lunch

Kung Pao Chicken
Steamed Rice
Sesame Broccoli & Local Vegetables
Flavored Milk
Fruit

Secondary Second Choice

Beef Broccoli
Steamed Rice
Bean Sprouts
Fruit

Monday, May 5

**Intercession Day
Public Schools Closed**

Breakfast

Assorted Cereal
Fruit

Lunch

Orange Chicken
Steamed Rice
Pacific Blend Vegetables
Fruit

Tuesday, May 6

Breakfast

French Toast Casserole
w/ Syrup
Sausage Patty
Fruit/Fruit Smoothie

Lunch

Subway Sandwich with Honey Onion
Dressing on WGR Bun
Sandwich Sides
Carrot Sticks w/ Ranch Dip
Fruit

Secondary Second Choice

Taco Salad
Lentil Taco Meat/Lentils
WGR Tortilla/Tortilla Chips
Fruit

Wednesday, May 7

Breakfast

Grilled Cheese
Fruit/Fruit Smoothie

Lunch

Beef Steak with
Green Peas & Onions
Red Rice
Broccoli
Fruit

Secondary Second Choice

Banh Mi Sandwich
Pickled Carrots & Radish
Broccoli
Fruit

Thursday, May 8

Breakfast

Garlic Fried Rice
with Chicken Nuggets
Fruit/Fruit Smoothie

Lunch

Chicken Alfredo Penne Pasta
Garden Salad with Carrots & Dressing
Lentils
Fruit

Secondary Second Choice

Taco Salad
Lentil Taco Meat/Lentils
WGR Tortilla/Tortilla Chips
Fruit

Friday, May 9

Breakfast

Pancakes with Syrup
Bacon
Fruit

Lunch

BBQ Chicken
Red Rice
Local Vegetables
Corn
Flavored Milk
Fruit

Secondary Second Choice

Breaded Chicken Bowl
with Mashed Potatoes & Gravy
Corn
WGR Roll
Fruit

Monday, May 12

Breakfast

Assorted Cereal
Fruit

Lunch

Chicken Lo Mein
Carrots
Broccoli
Fruit

Tuesday, May 13

Breakfast

Grilled Ham
With Fried Rice
Fruit/Fruit Smoothie

Lunch

Chicken Burger
Green Salad with Cucumber
Carrots with Dressing
Fruit

Secondary Second Choice

Vegilicious Salad
Ham/Hard Boiled Eggs
WGR Penne Pasta
Fruit

Wednesday, May 14

Breakfast

Pan de Sal w/ Egg & Cheese
Fruit/Fruit Smoothie

Lunch

Grilled Ham Steak
Steamed Rice
Texas BBQ Beans
Carrots
Green Beans
Fruit

Secondary Second Choice

Chicken Pad Thai
Carrots
Green Beans
Fruit

Thursday, May 15

Breakfast

Sausage Links
Steamed Rice
Fruit/Fruit Smoothie

Lunch

Beef Lasagna
Garlic Cauliflower & Spinach
Fruit

Secondary Second Choice

Vegilicious Salad
Ham/Hard Boiled Eggs
WGR Penne Pasta
Fruit

Friday, May 16

Breakfast

French Toast with Syrup
Sausage
Fruit

Lunch

Oven Fried Chicken
Red Rice
Corn & Local Vegetables
Flavored Milk
Fruit

Secondary Second Choice

Korean Chicken Bowl
Steamed Rice
Corn & Local Vegetables
Fruit

Monday, May 19

Breakfast
Assorted Cereal
Fruit

Lunch
Buffalo Chicken Wrap
Corn Succotash
Fruit

Tuesday, May 20

Breakfast
Garlic Fried Rice
with Chicken Nuggets
Fruit/Fruit Smoothie

Lunch
Sloppy Joes
Broccoli
Sweet Potato Fries
Fruit

Secondary Second Choice
Taco Salad
Lentil Taco Meat/Lentils
WGR Tortilla/Tortilla Chips
Fruit

Wednesday, May 21

Breakfast
Mac & Cheese
Fruit/Fruit Smoothie

Lunch
Pork Curry
Steamed Rice
Potatoes
Carrots
Fruit

Secondary Second Choice
Chicken Pancit Canton
Carrots & Cabbage
Fruit

Thursday, May 22

Breakfast
Ham & Egg Scramble
with Steamed Rice
Fruit

Lunch
Pepperoni Pizza
Green Salad with Cucumbers
& Dressing
Lentils
Fruit

Secondary Second Choice
Taco Salad
Lentil Taco Meat/Lentils
WGR Tortilla/Tortilla Chips
Fruit

Friday, May 23

Breakfast
Pancakes with Syrup
Bacon
Fruit

Lunch
Chicken Adobo
Steamed Rice
Pumpkin & Local Vegetables
Flavored Milk
Fruit

Secondary Second Choice
Kimchi Fried Rice
w/ Chicken Bowl
Pumpkin & Local Vegetables
Fruit

Monday, May 26



MEMORIAL DAY
NO SCHOOL TODAY

Tuesday, May 27

Breakfast
Ham & Cheese Roll
Fruit/Fruit Smoothie

Lunch
Marianas BBQ Burger
Sandwich Sides
Potato Wedges
Fruit

Secondary Second Choice
Vegilicious Salad
Ham/Hard Boiled Eggs
WGR Penne Pasta
Fruit

Wednesday, May 28

Breakfast
Breakfast Burrito
Fruit/Fruit Smoothie

Lunch
Korean Braised Beef
Broccoli & Onions
Steamed Rice
Carrots
Fruit

Secondary Second Choice
Chicken Kelaguen w/ Titiyas
Carrot Sticks & Cucumber Sticks
w/ Dip
Fruit

Thursday, May 29

Breakfast
Fried Rice with Portuguese Sausage
Fruit/Fruit Smoothie

Lunch
Spaghetti Bolognese
WGR Roll
Garden Salad w/ Tomatoes & Dressing
Spanish Chickpeas
Fruit

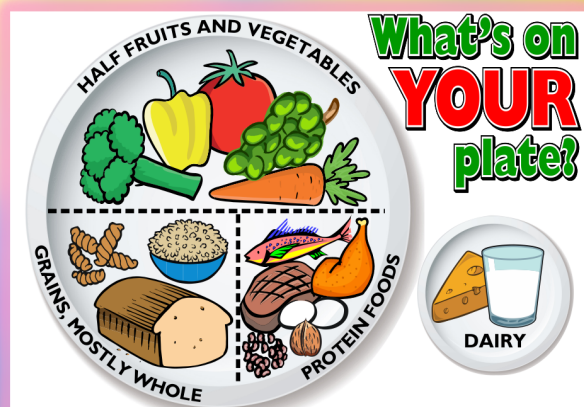
Secondary Second Choice
Vegilicious Salad
Ham/Hard Boiled Eggs
WGR Penne Pasta
Fruit

Friday, May 30

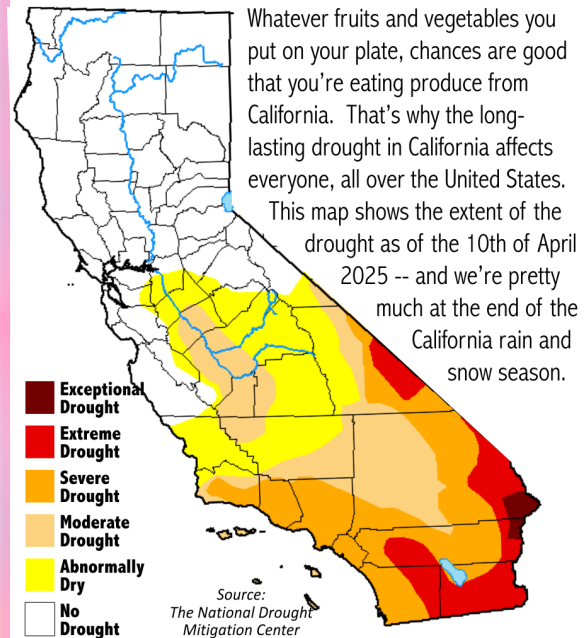
Breakfast
French Toast w/ Syrup & Sausage
Fruit

Lunch
Kung Pao Chicken
Steamed Rice
Sesame Broccoli & Local Vegetables
Flavored Milk
Fruit

Secondary Second Choice
Beef Broccoli
Steamed Rice
Bean Sprouts
Fruit



When California is dry, we're all in a drought



Percentages of U.S. production that comes from California:

Walnuts 99%	Garlic 95%
Almonds 99%	Strawberries 92%
Artichokes 99%	Grapes 91%
Pistachios 98%	Tomatoes 90%
Kiwis 97%	Cauliflower 89%
Plums 97%	Lettuce 74%
Broccoli 95%	Spinach 71%
Celery 95%	Carrots 69%

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

VEGETABLE

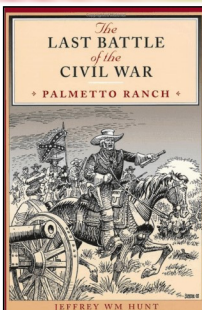
Corn

Among the fantastic fresh summer foods we all anticipate, fresh corn on the cob is certainly a favorite. Technically, corn is a grain, but most often we use it like a vegetable. In most parts of the U.S., fresh sweet corn season is in full swing from July through September.

OF THE MONTH

OUR NATION'S HISTORY

The American Civil war did not end in April 1865 with General Lee's surrender to General Grant in Virginia. A larger Confederate army surrendered in North Carolina several weeks later. And the final battle of the bloodiest war in American history didn't take place until May 1865, 150 years ago this month, at Palmetto Ranch, Texas, near the Mexican border. Ironically, this last engagement was a victory for the Confederate forces despite their losing the war!



The Last Battle of the Civil War: Palmetto Ranch, by Jeffrey W. Hunt

WITH LIBERTY & JUSTICE FOR ALL