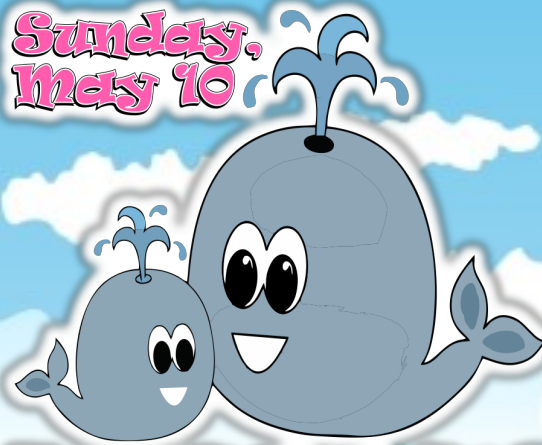


Menus for May 2026



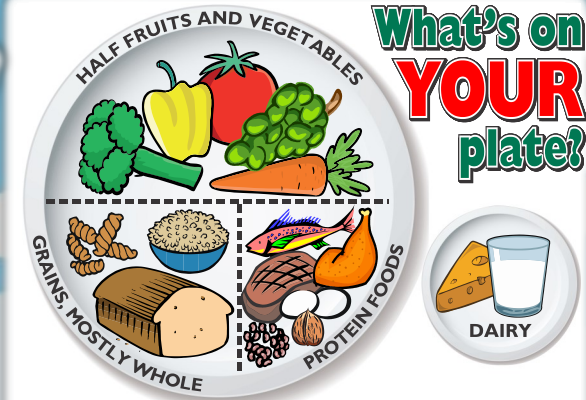
CNMI Public School System, Child Nutrition Program

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



Happy Mother's Day!

SCHOOL LUNCH
SUPERHERO DAY
FRIDAY, MAY 1ST



Go off the plate!



Generally, the plate diagram above provides fantastic advice on how to fill your plate. But can you name one of the best things you can eat or drink that isn't even on the plate? Give up? **IT'S WATER!** Kids should try to drink about 6 to 8 8-ounce servings of water a day. Try having water instead of soda or other high-calorie, low-nutrition drinks as often as possible!

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

Monday, May 4

No Public School

Breakfast

Assorted Cereal
Fruit

Lunch

Breaded Chicken w/ Gravy
Mashed Potatoes
Corn
WGR Dinner Roll
Fruit

Tuesday, May 5

No Public School

Breakfast

Sausage
Steamed Rice
Fruit

Lunch

Sub Sandwich on WGR Bun
Green Salad w/ Tomatoes
& Dressing
Italian Bean Salad
Fruit

Wednesday, May 36

No Public School

Breakfast

Assorted Cereal
Fruit

Lunch

Pork Ginger
Steamed Rice
Sesame Broccoli & Carrots
Fruit

Thursday, May 7

No Public School

Breakfast

Garlic Fried Rice
w/ Chicken Nuggets
Fruit

Lunch

Chicken Alfredo Penne Pasta
Lemon Garlic Cauliflower &
Carrots
Fruit

Friday, May 8

No Public School

Breakfast

Assorted Cereal
Fruit

Lunch

BBQ Chicken
Red Rice
Local Vegetables & Corn
Flavored Milk
Fruit

Monday, May 11

No Public School

Breakfast

Assorted Cereal
Fruit

Lunch

Honey Garlic Chicken Stir Fry
Steamed Rice
Carrots
Broccoli
Fruit

Tuesday, May 12

No Public School

Breakfast

Grilled Ham
w/ Fried Rice
Fruit

Lunch

Sloppy Joes
Sweet Potato Fries
Taco Seasoned Lentils
Fruit

Wednesday, May 13

No Public School

Breakfast

Assorted Cereal
Fruit

Lunch

Beef Steak w/
Green Peas and Onions
Red Rice
Carrots
Fruit

Thursday, May 14

No Public School

Breakfast

Fried Rice
w/ Portuguese Sausage
Fruit

Lunch

Beef Lasagna
Garlic Cauliflower & Spinach
Fruit

Friday, May 15

No Public School

Breakfast

Assorted Cereal
Fruit

Lunch

Korean Chicken Bowl
Steamed Rice
Corn & Local Vegetables
Flavored Milk
Fresh Fruit