

# Menus for May 2012



**Escambia County School District**

*This district is an equal opportunity employer and provider.*



**MOTHER'S DAY - MAY 13, 2012**  
**FATHER'S DAY - JUNE 17, 2012**

## *Featured Specials of the Day*

### **Tuesday, May 1**

Country Fried Steak  
Cobb Salad  
Popcorn Chicken

### **Wednesday, May 2**

Fried Chicken  
Chef Salad  
Pizza

### **Thursday, May 3**

Chicken Potato Bowl  
Ham & Cheese Pita  
Cheeseburger

### **Friday, May 4**

BBQ Chicken Teriyaki  
Chicken Snack Wrap  
Chili Fiesta Stix

### **Monday, May 7**

Eggroll  
Oriental Chicken Salad  
Grilled Chicken Sandwich

### **Tuesday, May 8**

Tacos  
Teriyaki Chicken Wrap  
Spicy Chicken Sandwich

### **Wednesday, May 9**

Fried Chicken  
Chef Salad  
Pizza

### **Thursday, May 10**

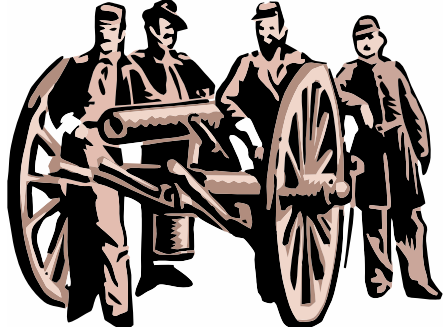
Spaghetti w/ Meatballs  
Tuna Salad w/ Crackers  
Cheeseburger

### **Friday, May 11**

Mandarin Orange Chicken  
Turkey Cheese Wrap  
Popcorn Chicken

★ **OUR NATION'S HISTORY** ★

**D**uring the American Civil War from 1861-1865, the town of Winchester, Virginia changed hands between the Union and Confederate forces 72 times -- including 13 times in one day! On several different occasions, battles raged right on Main Street in the middle of town!



★ **WITH LIBERTY & JUSTICE FOR ALL** ★

**Congratulations and best of  
luck to all members of the  
Class of 2012.**



A variety of milk is offered that is fat free and 1 % with each meal.

## Featured Specials of the Day

### Monday, May 14

Fish Square  
Chicken Fajita  
Country Fried Steak

### Tuesday, May 15

Chicken Nuggets  
Taco Salad  
Chili Dog

### Wednesday, May 16

Fried Chicken  
Chef Salad  
Pizza

### Thursday, May 17

Beef a Roni  
Buffalo Chicken Tender Salad  
Spicy Chicken Sandwich

### Friday, May 18

Kung Pao Chicken  
Spicy Chicken Wrap  
Cheeseburger Sliders

### Monday, May 21

Chicken Fettucine Alfredo  
Chicken Tender Salad  
Chili Dog

### Tuesday, May 22

Country Fried Steak  
Cobb Salad  
Popcorn Chicken

### Wednesday, May 23

Fried Chicken  
Chef Salad  
Pizza

### Thursday, May 24

Chicken Potato Bowl  
Ham & Cheese Pita  
Cheeseburger

## SNACK WELL?

Snack foods are loaded with empty calories from solid fats and added sugar. Sad thing is, a third of all of our daily calories, on average, come from candy, chips, soda, pastries, and other junky snack foods. Luckily, there's a cure for this condition: can you say fresh fruit?



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

## Featured Specials of the Day

### Monday, May 28

Memorial Day

### Tuesday, May 29

Manager's Choice

### Wednesday, May 30

Manager's Choice

### Thursday, May 31

Manager's Choice

### Friday, June 1

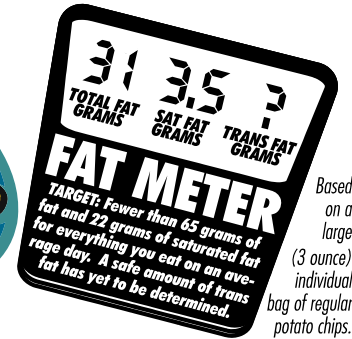
Manager's Choice

# FIT FAT

WANNA STAY FIT?

FIGHT THE FAT!

**ITEM: Bag o' Chips VERDICT: Sack o' Fat**



Based on a large (3 ounce) individual bag of regular potato chips.

**TIP:** Seriously, it only takes about a ten-minute potato chip pig-out to blow half or more of your recommended fat for an entire day. So stick to the smallest bag (about 1 oz.) or take just a small handful from a bigger bag. Try the baked and lower-fat versions, too, but still try to eat just a handful.

# facebook

According to a recent study, on average, any Facebook user is within 4.74 friends of being connected to any of the other 721 million Facebook users in the world.