

# Menus for May 2026



**Roseville City School District**

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



*Mother's Day  
Sunday, May 10*

**SCHOOL LUNCH  
SUPERHERO DAY  
FRIDAY, MAY 1ST**

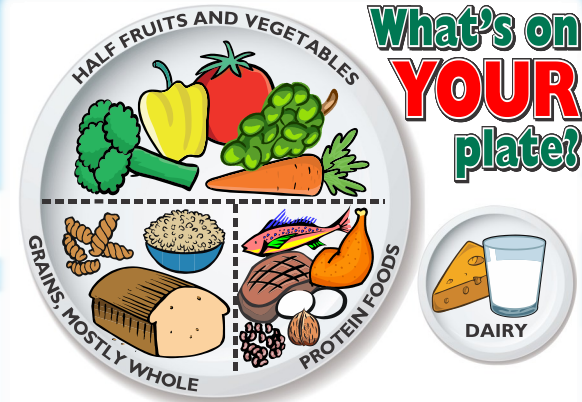


**Friday, May 1**

**Breakfast**  
FRENCH TOAST STICKS  
OR  
CEREAL  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
GRILLED CHEESE  
SANDWICH  
OR  
CHICKEN TENDERS

COOKIE



**What's on  
YOUR  
plate?**

# 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](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

**Monday, May 4**

**Breakfast**  
CHEESY BREADSTICKS  
OR  
HOT OATMEAL  
WITH BERRIES  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
BREAKFAST FOR LUNCH  
OR  
TURKEY & CHEESE  
SANDWICH

**Tuesday, May 5**

**Breakfast**  
EGG-CELLENT BITES WITH  
SAUSAGE & CHEESE  
OR  
MINI PANCAKES  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
CHEESE PIZZA  
OR  
BEEF & CHEESE TACO

**Wednesday, May 6**

**Breakfast**  
FIESTA BREAKFAST BURRITO  
OR  
CEREAL  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
BEAN & CHEESE BURRITO  
OR  
CHEESEBURGER  
& FRIES

**Thursday, May 7**

**Breakfast**  
TAQUITO WITH POTATO  
& CHEESE  
OR  
HAPPY HARD BOILED EGG  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
CHEESY BREADSTICKS  
OR  
TERIYAKI CHICKEN  
NOODLE BOWL

**Friday, May 8**

**Breakfast**  
CINNAMON ROLL  
OR  
CEREAL  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
BEAN & CHEESE PUPUSA  
OR  
CRUNCHY FISH STICKS &  
CHIPS

COOKIE

**Monday, May 11**

**Breakfast**  
SUNRISE BREAKFAST  
SANDWICH  
OR  
CEREAL  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
BREAKFAST FOR LUNCH  
OR  
ROTINI WITH MEAT SAUCE

**Tuesday, May 12**

**Breakfast**  
YOGURT PARFAIT  
OR  
SCONE  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
CHEESE PIZZA  
OR  
CHICKEN TACO

**Wednesday, May 13**

**Breakfast**  
MINI WAFFLES  
OR  
HOT OATMEAL  
WITH BERRIES  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
MACARONI & CHEESE  
OR  
CHICKEN SANDWICH

**Thursday, May 14**

**Breakfast**  
EGG-CELLENT BITES WITH  
SAUSAGE & CHEESE  
OR  
CINNI MINNI  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
CHEESY BREADSTICKS  
OR  
ORANGE CHICKEN  
RICE BOWL

**Friday, May 15**

**Breakfast**  
FRENCH TOAST STICKS  
OR  
CEREAL  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
GRILLED CHEESE  
SANDWICH  
OR  
CHICKEN TENDERS

COOKIE

Where do all of our crazy food names and phrases come from?



# WORDS OF MOUTH

This month: "Take it with a grain of salt"

Has anyone ever told you to take something "with a grain of salt"? It means that you shouldn't necessarily believe what you're being told. The Latin words for "salt" and "wisdom" are the same, so some say that the phrase means "use your wisdom to decide if this is true." But feel free to take this explanation (wait for it) with a grain of salt! Just one of those food-related sayings that so often "spice up" our language!



**Monday, May 18**

**Breakfast**  
CHEESY BREADSTICKS  
OR  
HOT OATMEAL WITH BERRIES  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
BREAKFAST FOR LUNCH  
OR  
TURKEY & CHEESE SANDWICH

**Tuesday, May 19**

**Breakfast**  
EGG-CELLENT BITES WITH SAUSAGE & CHEESE  
OR  
MINI PANCAKES  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
CHEESE PIZZA  
OR  
BEEF & CHEESE TACO

**Wednesday, May 20**

**Breakfast**  
FIESTA BREAKFAST BURRITO  
OR  
CEREAL  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
BEAN & CHEESE BURRITO  
OR  
CHEESEBURGER & FRIES

**Thursday, May 21**

**Breakfast**  
TAQUITO WITH POTATO & CHEESE  
OR  
HAPPY HARD BOILED EGG  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
CHEESY BREADSTICKS  
OR  
TERIYAKI CHICKEN NOODLE BOWL

**Friday, May 22**

**Breakfast**  
CINNAMON ROLL  
OR  
CEREAL  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
CHEF'S CHOICE

COOKIE

**Monday, May 25**



**MEMORIAL DAY**  
NO SCHOOL TODAY

**Tuesday, May 26**

**Breakfast**  
YOGURT PARFAIT  
OR  
SCONE  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
CHEESE PIZZA  
OR  
CHICKEN TACO

**Wednesday, May 27**

**Breakfast**  
MINI WAFFLES  
OR  
HOT OATMEAL WITH BERRIES  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
MACARONI & CHEESE  
OR  
CHICKEN SANDWICH

**Thursday, May 28**

**Breakfast**  
EGG-CELLENT BITES WITH SAUSAGE & CHEESE  
OR  
CINNI MINNI  
OR  
CONTINENTAL BREAKFAST

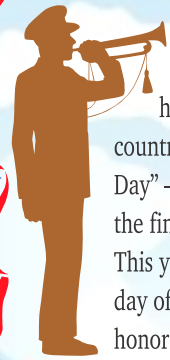
**Lunch**  
CHEESY BREADSTICKS  
OR  
ORANGE CHICKEN RICE BOWL

**Friday, May 29**




Have a GREAT SUMMER!

★ OUR NATION'S HISTORY ★

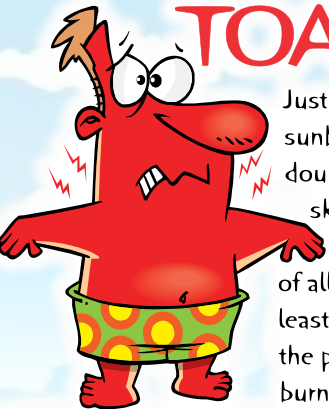


Memorial Day originated in the years after the Civil War to remember and honor those who had died in service to our country. At first, Memorial Day was called "Decoration Day" – literally, a day that was set aside to beautify the final resting places of our honored dead. This year, while you're enjoying your day off, please don't forget to honor them in your heart, too!



★ WITH LIBERTY & JUSTICE FOR ALL ★

**TOASTED.**



Just one bad, blistering sunburn as a child doubles your risk for skin cancer later in life. Yet more than half of all kids report having at least a minor sunburn in the past year. Don't get burned this summer!

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

**HERB/SPICE**

**Black Pepper**



We think of black pepper as a powder, but it actually starts off as fruit! The berries are dried and ground to make the spice we all know. The dried berries are called "peppercorns."

**OF THE MONTH**