

Menus for
Middle School
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**

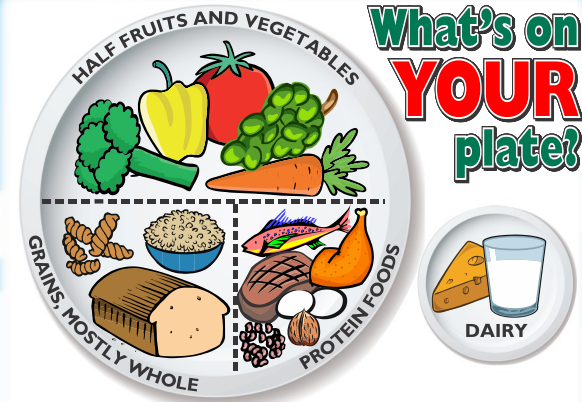


Friday, May 1

Breakfast
FRENCH TOAST STICKS
OR
CEREAL
OR
CONTINENTAL BREAKFAST

Lunch
GRILLED CHEESE
SANDWICH
OR
CHICKEN TENDERS

COOKIE



**Go off
the plate!**



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
MACARONI & CHEESE
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
BEAN & CHEESE BURRITO
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

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

Available Daily

Every complete meal we serve comes with the choice of entrée, fruit or vegetable sides and your choice of low fat white or chocolate milk.

Other daily LUNCH options:
 DELI SANDWICH
 LARGE SALAD
 PIZZA
 (select varieties)

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
 MACARONI & CHEESE
 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
 BEAN & CHEESE PUPUSA
 OR
 CRUNCHY FISH STICKS & CHIPS

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
 BEAN & CHEESE BURRITO
 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



★ 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