


May 2021

Monday	Tuesday	Wednesday	Thursday	Friday	 <p>Sweet Corn</p> <p>Corn is also known as maize outside of the United States of America.</p> <p>Corn is usually yellow, but can come in a wide variety of colors, like green, red and white.</p> <p>An average corn plant will grow up to 10 feet in height.</p> <p>An ear of corn on average has about 800 kernels in 16 rows, but it can have as few as 500 or as many as 1,200.</p> <p>An ear of corn has one silk strand for every kernel.</p> <p>Corn is high in Vitamin B, Fiber, Vitamin C and thiamin. Thiamin is one of the vitamins that help convert food into fuel</p>
3 Corn Dog	4 Burrito	5 Chicken Nuggets WG Roll	6 Nacho Supreme Cheese Cup	7 Hamburger Potato Triangle	
10 Quesadilla	11 Chicken Caesar Salad	12 Chicken Nuggets Bug Bites	13 Rotini in Meatsauce Breadstick	14 Breadsticks Marinara Sauce	
17 Mini Cheeseburger	18 Chicken Patty Sandwich	19 Chicken Nuggets WG Roll	20 Chicken Taco	21 Breakfast for Lunch Pancakes Sausage Patty	
24 Beef Rib Patty Sandwich w/ Doritos	25 Grilled Cheese Sandwich	26 Chicken Nuggets Cinnamon Bears	27 PBJ Sandwich Cheese Stick Cinnamon Bears	28 Hot Dog Potato Chips	

Fresh and/ or canned Fruit and Vegetables are available every day.

A variety choice of white or chocolate milk is offered.

The USDA and the CDE are Equal opportunity providers and employers.

Menu is subject to change.