



Menus for May 2025

MEMORIAL DAY MAY 26

Newport News Public Schools Early Childhood Centers

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

Available Daily

Nonfat White Milk

Low-fat White Milk

***Menu item may contain pork**

Thursday, May 1

Breakfast
Egg & Cheese Sandwich
Apple Slices
Milk

Lunch
Corndog Nuggets
Broccoli
Strawberry Cup
Milk

Friday, May 2

Breakfast
Blueberry Muffin
Applesauce
Milk

Lunch
Pizza Crunchers
Emoticon Potatoes Mandarin
Orange Cup
Milk

Queen for a Day!



Mother's Day 🍷 Sunday, May 11

Monday, May 5

Breakfast
Asst. Mini Pancakes
Juice
Milk

Lunch
Turkey & Cheese Anytimer
Sweet Potato Waffle Fries
Applesauce Cup
Milk

Tuesday, May 6

Breakfast
Waffle Sandwich
Apple Slices
Milk

Lunch
Mozzarella Cheese Sticks
Green Beans
Fresh Fruit
Milk

Wednesday, May 7

Breakfast
Waffle Envy
Cranraisins
Milk

Lunch
Chicken & Waffles
Roasted Butternut Squash
Mixed Fruit Cup
Milk

Thursday, May 8

Breakfast
Chicken Biscuit
Apple Slices
Milk

Lunch
Nachos w/Chili & Cheese
pw/Roll
Steamed Cabbage
Fresh Fruit
Milk

Friday, May 9

Breakfast
Blueberry Muffin
Applesauce
Milk

Lunch
Chicken Patty Bun
French Fries
Pear Cup
Milk

GOING NATURAL?

There's no legal definition of the word "natural" on a food label. So it doesn't really mean much at all. To truly "go natural," eat lots of whole foods

100% NATURAL

(like fruits, veggies, nuts, beans, lean protein) that don't have any other ingredients at all -- naturally.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.

WELLNESS IS A WAY OF LIFE!

Monday, May 12

Breakfast
Banana Bread
Juice
Milk

Lunch
Hamburger/Cheeseburger
On Bun
Corn
Fresh Fruit
Milk

Tuesday, May 13

Breakfast
Sausage on Bun*
Apple Slices
Milk

Lunch
Pizza
Baby Carrots
Dole Fruit Gel Cup
Milk

Wednesday, May 14

Breakfast
Asst. Mini Pancakes
Cranraisins
Milk

Lunch
Spaghetti w/Meat Sauce
Green Beans
Fresh Fruit
Milk

Thursday, May 15

Breakfast
Egg & Cheese Sandwich
Apple Slices
Milk

Lunch
Breakfast for Lunch*
Hash Browns
Spiced Apples
Milk

Friday, May 16

Breakfast
Blueberry Muffin
Applesauce
Milk

Lunch
Manager's Special
Collard Greens
Applesauce Milk

Monday, May 19

Breakfast
Asst. Mini Pancakes
Juice
Milk

Lunch
Garlic French Bread
Mixed Vegetables
Fresh Fruit
Milk

Tuesday, May 20

Breakfast
Waffle Sandwich
Apple Slices
Milk

Lunch
Popcorn Chicken
Au gratin Potatoes
Peach Cup
Milk

Wednesday, May 21

Breakfast
Waffle Envy
Cranraisins
Milk

Lunch
Rippinz Dippinz
Corn
Fresh Fruit
Milk

Thursday, May 22

Breakfast
Chicken Biscuit
Apple Slices
Milk

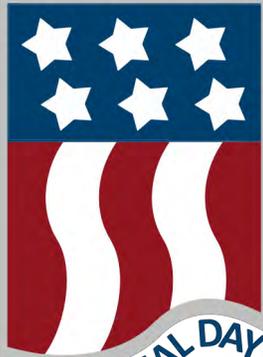
Lunch
Corndog Nuggets
Broccoli
Strawberry Cup
Milk

Friday, May 23

Breakfast
Blueberry Muffin
Applesauce
Milk

Lunch
Pizza Crunchers
Emoticon Potatoes
Mandarin Orange Cup
Milk

Monday, May 26



MEMORIAL DAY
NO SCHOOL TODAY

Tuesday, May 27

Breakfast
Sausage on Bun*
Apple Slices
Milk

Lunch
Mozzarella Cheese Sticks
Green Beans
Fresh Fruit
Milk

Wednesday, May 28

Breakfast
Asst. Mini Pancakes
Cranraisins
Milk

Lunch
Chicken & Waffles
Roasted Butternut Squash
Mixed Fruit Cup
Milk

Thursday, May 29

Breakfast
Egg & Cheese Sandwich
Apple Slices
Milk

Lunch
Nachos w/Chili & Cheese
w/Roll
Steamed Cabbage
Fresh Fruit
Milk

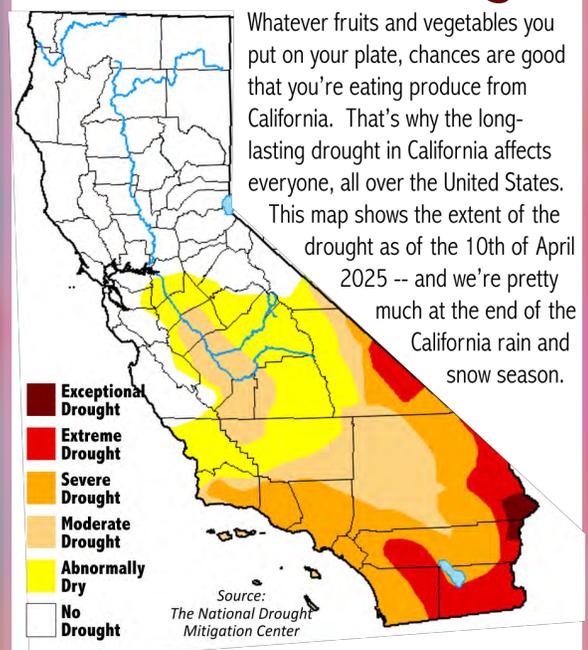
Friday, May 30

Breakfast
Blueberry Muffin
Applesauce
Milk

Lunch
Chicken Patty on Bun
French Fries
Pear Cup
Milk



When California is dry, we're all in a drought



Whatever fruits and vegetables you put on your plate, chances are good that you're eating produce from California. That's why the long-lasting drought in California affects everyone, all over the United States. This map shows the extent of the drought as of the 10th of April 2025 -- and we're pretty much at the end of the California rain and snow season.

Percentages of U.S. production that comes from California:

Walnuts 99%	Garlic 95%
Almonds 99%	Strawberries 92%
Artichokes 99%	Grapes 91%
Pistachios 98%	Tomatoes 90%
Kiwis 97%	Cauliflower 89%
Plums 97%	Lettuce 74%
Broccoli 95%	Spinach 71%
Celery 95%	Carrots 69%

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

VEGETABLE

Corn

Among the fantastic fresh summer foods we all anticipate, fresh corn on the cob is certainly a favorite. Technically, corn is a grain, but most often we use it like a vegetable. In most parts of the U.S., fresh sweet corn season is in full swing from July through September.



OF THE MONTH

Word of the Month

con·fi·dence

n. 1. Trust or faith in a person or thing 2. self-assurance; a strong and justified belief in one's self and one's abilities, without arrogance

I am the letter

A



alligator