

May 2019

Auburndale School District Breakfast Menu



Small Changes Equal Big Difference

Making a few healthier choices can help your child eat more nutritiously and develop healthy habits at a young age. Consider these suggestions:
 Replace mayo with mustard, mashed avocado, or hummus in sandwiches.
 Use salsa in place of creamy or full-fat salad dressings. Instead of chips, serve raw veggies with sandwiches. Discourage your kids from adding salt to food by keeping the salt shaker off the counter.
 For cooking and salad dressings, use healthy oils like olive, canola, sunflower, or safflower.

Monday	Tuesday	Wednesday	Thursday	Friday
April 29 Cereal or Mini Maple Pancakes, fruit, orange juice, syrup, milk	April 30 Cereal or Breakfast Wrap, fruit, Scooby graham, milk	1 Cereal or Scrambled Eggs, Bug Bites, fruit, milk	2 Cereal or Pancake & Sausage on a Stick, fruit, string cheese, milk	3 Cereal or Egg & Cheese Slider, fruit, yogurt, milk
6 Cereal or Mini Strawberry Pancakes, fruit, yogurt, syrup, milk	7 Cereal or Sausage Breakfast Pizza, fruit, orange juice, milk	8 Cereal or Scrambled Eggs, fruit, Bug Bites, milk	9 Cereal or French Toast Sticks, fruit, orange juice, syrup, milk	10 Cereal or Maple Waffle Bites, fruit, string cheese, milk
13 Cereal or Cinnamon Waffle Bites, fruit, string cheese, syrup, milk	14 Cereal or Mini Strawberry Pancakes, fruit, orange juice, syrup, milk	15 Cereal or Pancake & Sausage on a Stick, fruit, yogurt, milk	16 Cereal or Bacon Breakfast Pizza, fruit, orange juice, milk	17 Cereal or Omelet, fruit, Bug Bites, milk
20 Cereal or Mini Maple Pancakes, fruit, orange juice, syrup, milk	21 Cereal or Breakfast Wrap, fruit, Scooby Grahams, milk	22 Cereal or Scrambled Eggs, Bug Bites, fruit, milk	23 Cereal or Pancake & Sausage on a Stick, fruit, string cheese, milk	24 Cereal or Egg & Cheese Slider, fruit, yogurt, milk
27 No School	28 Cereal or Tony's Breakfast Pizza, fruit, orange juice, milk	29 Cereal or Scrambled Eggs, Bug Bites, fruit, milk	30 Cereal, French Toast Sticks, fruit, orange juice, syrup, milk	31 Last Student Day Cereal or Maple Eggo Waffles, fruit, string cheese, milk

High school options: The breakfast Grab & Go's

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Menus are subject to change.

May 2019

Auburndale School District Lunch Menu

Monday

Tuesday

Wednesday

Thursday

Friday

<p>April 29 Hamburger, bun, sliced cheese, French fries, lettuce, veggie tray #1, baked beans, pears, onion, tomato, ketchup, mustard, milk</p>	<p>April 30 Meatball Sub, shredded mozzarella cheese, green beans, applesauce, veggie tray #2, lettuce, chocolate chip cookies, milk</p>	<p>1 Cheesy Taco Rounds, tortilla rounds, dinner rolls, apple, lettuce, veggie tray #1, tomato, onion, cheese sauce, butter, sour cream, salsa, milk</p>	<p>2 Popcorn Chicken, shredded cheese, mashed potatoes, gravy, corn, mandarin oranges, lettuce, veggie tray #2, milk</p>	<p>3 Omelet, Pancakes, hash brown, peaches, lettuce, veggie tray #1, butter, syrup, ketchup, milk</p>
<p>6 Chicken Fajita Wrap, tortilla shell, shredded cheese, baked beans, hot broccoli, pineapple, salsa, garden bar #2, sour cream, milk</p>	<p>7 Breaded Pork Chop, bun green beans, lettuce, applesauce, veggie tray #1, BBQ sauce, honey mustard, milk</p>	<p>8 Pepperoni Pizza, corn, banana, lettuce, veggie tray #2, pears, milk</p>	<p>9 Chili Cheesy Fritos, shredded cheese, peaches, cinnamon puffs, lettuce, veggie tray #1, salsa, sour cream, milk</p>	<p>10 Pizza Dipper, pizza sauce, carrot coins, mandarin oranges, lettuce, veggie tray #2, garden bar #1, milk</p>
<p>13 Corn Dogs, baked beans, dinner rolls, lettuce, veggie tray #1, pineapple, ketchup, mustard, butter, milk</p>	<p>14 Soft Shell Taco, shredded cheddar cheese, pears, tortilla shell, garden bar #2, carrot coins, applesauce, salsa, sour cream, milk</p>	<p>15 Chicken & Gravy, biscuit, veggie tray #2, lettuce, green beans, peaches, milk</p>	<p>16 H.S.-Grilled BBQ Pork Rib, Elem-Sloppy Joe, bun, french fries, milk, mandarin oranges, veggie tray #1, lettuce, ketchup</p>	<p>17 Pizza Dippers, pizza sauce, corn, peaches, cantaloupe, lettuce, veggie tray #2, milk</p>
<p>20 Mandarin Orange Chicken, rice, dinner roll, lettuce, veggie tray #2, pears, California blend, butter, milk</p>	<p>21 Chicken Nuggets, dinner roll, corn, pineapple, garden bar #1, ketchup, BBQ sauce, honey mustard, milk</p>	<p>22 Spaghetti, meat sauce, shredded mozzarella cheese, garlic bread stick, lettuce, veggie tray # 1, peaches, milk</p>	<p>23 Chicken Patty, bun, hot peas, mandarin oranges, lettuce, veggie tray #2, mayo, BBQ sauce, honey mustard, milk</p>	<p>24 French Toast Sticks, hash brown, applesauce, oranges, garden bar #1, yogurt, ketchup, butter, milk, syrup</p>
<p>27 No School</p>	<p>28 Subs (Ham & Turkey), hoagie bun, sliced cheese, baked beans, watermelon, mixed fruit, lettuce, veggie tray #2, tomato, onion, mayo, mustard, milk</p>	<p>29 Italian Pasta Bake, rotini, carrots coins, lettuce, veggie tray #1, garlic bread sticks, pears, butter, milk</p>	<p>30 Chicken Noodle Soup, crackers, lettuce, veggie tray #2, mandarin oranges, rice crispy treats, butter, milk</p>	<p>31 Last Student Day Cheesy Potato Skillet, scrambled eggs, tater tots, corn, shredded cheese, dinner roll, lettuce, applesauce, butter, ketchup, milk</p>



Why Should You Be Drinking Water For Your Health?

Water is the second most important thing that our bodies need to survive, oxygen being the first. Water is required for digestion and absorption of food and regulates body temperature and blood circulation. Water in the bloodstream carries nutrients and oxygen to cells and is necessary for the kidneys to remove toxins and other wastes. The body uses about 10-12 cups of water a day, through such things as breathing, digestion, elimination and perspiration.

How much water should I drink each day?

The amount depends mostly on your weight and physical activity. General guidelines recommend 1/2 your body weight in ounces of water with an additional 8-12 oz. for each 30 minutes you work out or play. This is especially important during the hot summer months.

Substitutes for water....?

A myth about drinking water for your health is that coffee and sodas "count" as drinking water. Any drink that isn't just pure water has a different chemical structure than water and thus reacts differently in the body. But some great news is that the water in fresh veggies and fruits does contribute towards hydrating the body. Hmm...maybe that celery is healthier than just being "low calorie!"

High school options: extra entrée, garden bar, additional fruit and grain daily.

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