



USDA is an equal opportunity provider and employer.

### Available Daily

**\*Breakfast Choice:** Breakfast Sandwich, Cereal, Bagel, Breakfast Bun, PopTart, All Breakfasts served with **Apple, Banana, Apple Juice Choice** and **Milk**. Must take a fruit or juice for a complete meal.

**\*\*Lunch Choice:** Hot Dog, Burger, Salad Bar, Pizza, or Tuna or SB&J Sandwich. Must take **fruit, juice** or **veggie** for a complete meal.

**Note:** SB&J—Sunflower butter & jelly. Extra Items are free with your meal but do not count as a required component.

**Milk Choice:**  
Fat Free  
Chocolate or Strawberry,  
1% White

Whole Wheat or Whole Grain is used in all grain products except pasta until an acceptable product to students is available.

**\*\*Menu subject to change.\*\***

**Friday, May 1**

**Breakfast\***  
Mini Pancakes or Breakfast Choice Above

**Lunch\*\***  
**French Toast Sticks**  
w/wo Sausage or Lunch Choice  
Sweet Corn or Baby Carrots/Dip  
Sliced Apples or Apple or Banana or 100% Apple Juice  
Milk Choice  
Extra: Hash Brown Potato

Queen for a Day!



Mother's Day ♡ Sunday, May 10

**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 4**

**Breakfast\***  
Mini Pancakes or Breakfast Choice Above

**Lunch\*\***  
**Max Stix**  
w/wo Dip or Lunch Choice Above  
Sweet Potato Gems or Baby Carrots/Dip  
Pineapple Tidbits or Apple or Banana or 100% Apple Juice  
Milk Choice

**Tuesday, May 5**

**Breakfast\***  
Pancake/Sausage Stick or Breakfast Choice Above

**Lunch\*\***  
**Chicken Bites**  
w/wo Dip or Bears or Lunch Choice Above  
Steamy Spinach  
Cucumber Coins/Dip  
Peaches or Apple or Banana or 100% Apple Juice  
Milk Choice

**Wednesday, May 6**

**Breakfast\***  
Mini Pancakes or Breakfast Choice Above

**Lunch\*\***  
**Domino's Pizza**  
or Lunch Choice Above  
Green Beans or Celery Sticks /Dip  
Mandarin Oranges or Apple or Banana or 100% Apple Juice  
Milk Choice

**Thursday, May 7**

**Breakfast\***  
Pancake/Sausage Stick or Breakfast Choice Above

**Lunch\*\***  
**Pasta** w/wo Meatballs w/wo Roll or Lunch Choice Above  
Garden Peas or Fresh Broccoli/Dip  
Mixed Fruit or Apple or Banana or 100% Apple Juice  
Milk Choice

**Friday, May 8**

**Breakfast\***  
Mini Pancakes or Breakfast Choice Above

**Lunch\*\***  
**Mini Corn Dogs**  
w/wo Dip or Lunch Choice Above  
Baked Beans or Baby Carrots/Dip  
Pears or Apple or Banana or 100% Apple Juice  
Milk Choice

**Monday, May 11**

**Breakfast\***  
Mini Pancakes or Breakfast Choice Above

**Lunch\*\***  
**Mozzarella Sticks**  
w/wo Dip or Bears or Lunch Choice Above  
Green Beans or Baby Carrots/Dip  
Mixed Fruit or Apple or Banana or 100% Apple Juice  
Milk Choice

**Tuesday, May 12**

**Breakfast\***  
Pancake/Sausage Stick or Breakfast Choice Above

**Lunch\*\***  
**Popcorn Chicken**  
w/wo Dip or Dinner Roll or Lunch Choice Above  
Broccoli Florets or Cucumber Coins/Dip  
Chilled Peaches or Apple or Banana or 100% Apple Juice  
Milk Choice

**Wednesday, May 13**

**Breakfast\***  
Mini Pancakes or Breakfast Choice Above

**Lunch\*\***  
**Domino's Pizza**  
or Lunch Choice Above  
Carrot Coins or Celery Sticks /Dip  
Mandarin Oranges or Apple or Banana or 100% Apple Juice  
Milk Choice

**Thursday, May 14**

**Breakfast\***  
Pancake/Sausage Stick or Breakfast Choice Above

**Lunch\*\***  
**Nachos**  
or Lunch Choice Above  
Refried Beans or Fresh Broccoli/Dip  
Pineapple Tidbits or Apple or Banana or 100% Apple Juice  
Milk Choice  
Extra: Pudding Choice

**Friday, May 15**

**Breakfast\***  
Mini Pancakes or Breakfast Choice Above

**Lunch\*\***  
**Shrimp Popcorn**  
w/wo Dip, Cheese Stick, Brown Rice or Lunch Choice Above  
Tasty Corn or Baby Carrots/Dip  
Diced Pears or Apple or Banana or 100% Apple Juice  
Milk Choice

**SEASONAL FRESH FRUIT AND SALADS AVAILABLE EVERY DAY**



Free and Reduced Price School Meal Application

Applying for Free and Reduced Meals has gotten easier!

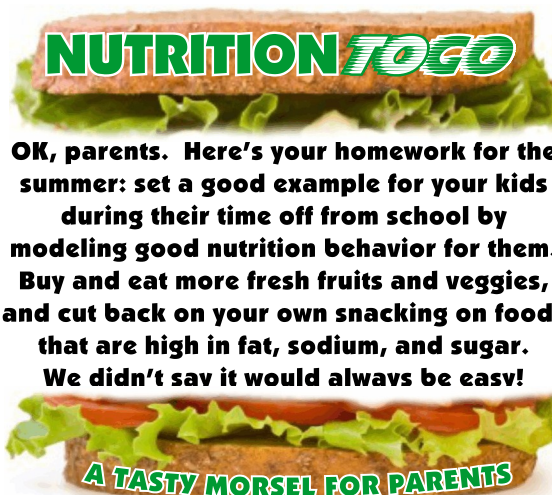
Apply online at [www.paschoolmeals.com](http://www.paschoolmeals.com)

Call the Food Service office if you need help. 215-809-6540

# HELP!

Join the Food Service Team as a substitute. Pay is \$9.00/hr. Work only when your Neshaminy child is in school! Apply at [www.source4teachers.com/SAMS](http://www.source4teachers.com/SAMS) or call 215-809-6540 for more information.

**SOURCE 4 TEACHERS**  
Educational Staffing Solutions



**OK, parents. Here's your homework for the summer: set a good example for your kids during their time off from school by modeling good nutrition behavior for them. Buy and eat more fresh fruits and veggies, and cut back on your own snacking on foods that are high in fat, sodium, and sugar. We didn't say it would always be easy!**

First things First -- New This Year!

Choose at least **ONE** serving of **FRUIT** and at least **THREE** items **TOTAL** so your meal counts as a **Complete Breakfast!**

**BREAKFAST@SCHOOL**  
For first-class learning!

Monday, May 18

**Breakfast\***

Mini Pancakes or other Breakfast Choice

**Lunch\*\***

Calzonettes w/wo Dip or Other Lunch Choice  
Baked Fries or Baby Carrots/Dip  
Applesauce or Apple or Banana or 100% Apple Juice  
Milk Choice

Tuesday, May 19



**No School Today**

Wednesday, May 20

**Breakfast\***

Mini Pancakes or Breakfast Choice Above

**Lunch\*\***

Domino's Pizza or Other Lunch Choice  
Garbanzo Beans or Celery Stix/Dip  
Diced Pears or Apple or Banana or 100% Apple Juice  
Milk Choice

Thursday, May 21

**Breakfast\***

Pancake/Sausage Stick or Breakfast Choice Above

**Lunch\*\***

Steak Sandwich or Other Lunch Choice  
Sweet Potato Gems or Fresh Broccoli/Dip  
Mandarin Oranges or Apple or Banana or 100% Apple Juice  
Milk Choice

Friday, May 22

**Breakfast\***

Mini Pancakes or Breakfast Choice Above

**Lunch\*\***

Cheese Quesadilla or Other Lunch Choice  
Steamy Spinach or Baby Carrots/Dip  
Peach Slices or Apple or Banana or 100% Apple Juice  
Milk Choice



Monday, May 25



Tuesday, May 26

**Breakfast\***

Pancake/Sausage Stick or other Breakfast Choice

**Lunch\*\***

Chicken Sticks w/wo Dip or Bears or Other Lunch Choice  
Cauliflower Cucumber Coins/Dip  
Applesauce or Apple or Banana or 100% Apple Juice  
Milk Choice

Wednesday, May 27

**Breakfast\***

Mini Pancakes or Breakfast Choice Above

**Lunch\*\***

Domino's Pizza or Other Lunch Choice  
Carrot Coins or Celery Sticks /Dip  
Diced Pears or Apple or Banana or 100% Apple Juice  
Milk Choice

Thursday, May 28

**Breakfast\***

Pancake/Sausage Stick or Breakfast Choice Above

**Lunch\*\***

Tacos w/wo Fixings or Other Lunch Choice  
Garbanzo Beans Fresh Broccoli/Dip  
Pineapple Tidbits or Apple or Banana or 100% Apple Juice  
Milk Choice  
Extra: Pudding Choice

Friday, May 29

**Breakfast\***

Mini Pancakes or Breakfast Choice Above

**Lunch\*\***

French Toast Sticks w/wo Sausage or Lunch Choice  
Sweet Corn or Baby Carrots/Dip  
Sliced Apples or Apple or Banana or 100% Apple Juice  
Milk Choice  
Extra: Hash Brown Potato

