

# Jesup Comm Schools

# MAY 2026 LUNCH



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

## Where do baby apes sleep?

In apricots!



### ALTERNATES

\*served on a whole grain bun\*

- May 4 – 8  
Turkey Cheese Wrap
- May 11 – 15  
Combo Sub
- May 18 – 22  
Cold Ham
- May 25 – 29  
Ham & Cheese

## What am I?

I am a red or black fruit that can stain your hands when you eat me. I grow on bushes and I taste good on your cereal.

Blackberries/raspberries

This institution is an equal opportunity provider.

				<b>1</b> WG Mozzarella Cheese Bites Marinara Romaine Diced Peaches Ice Cream Sandwich
<b>4</b> Beef Goulash String Cheese HS WG Garlic Toast Carrot Sticks Fresh Broccoli Apple / Apple Slices	<b>5</b> Beef Fiestada Salsa Cucumber Slices Diced Pears	<b>6</b> Popcorn Chicken WG Dinner Roll MS/HS Mashed Potatoes Celery Sticks Raisels	<b>7</b> Breaded Fish Patty w/ WG Bun Baked Beans Grape Tomatoes Banana	<b>8</b> Cheesy Garlic French Bread Marinara Toss Salad Pineapple Tidbits Sherbet
<b>11</b> Hamburger w/ WG Bun Smiley Fries Tomato Slices Orange	<b>12</b> Chicken Quesadilla Salsa Corn Mixed Fruit	<b>13</b> Uncrustable WG Chips Beef Stick MS/HS Carrot Sticks Veggie Juice Applesauce Cup	<b>14</b> Boneless Chicken Wings Dinner Roll MS/HS Baked Beans Celery Sticks Apple Slices	<b>15</b> Cheese Pizza Round Toss Salad Fresh Broccoli Fruit Cup WG Cookie
<b>18</b> Grilled Chicken w/ WG Bun Peas Grape Tomatoes Raisels	<b>19</b> Crisпитos Salsa Toss Salad Diced Peaches	<b>20</b> Chicken Nuggets Scooby Grahams MS/HS Mashed Potatoes Fresh Broccoli Apple	<b>21</b> Hot Dog w/ WG Bun Baked Beans Celery Sticks Banana	<b>22</b> Cheesy Pull Apart Marinara Cucumber Slices Mandarin Oranges Ice Cream Cup
<b>25</b>  NO SCHOOL	<b>26</b> Beef Taco Stick Salsa Corn Diced Pears	<b>27</b> Macaroni & Cheese WG Chips Mixed Veggies Fresh Broccoli Applesauce Cup	<b>28</b> Breaded Chicken Patty w/ WG Bun Baked Beans Cucumber Slices Berry Johnny Pop	<b>29</b> Pizza Crunchers Marinara Toss Salad Pineapple Tidbits WG Brownie



A nutrient is something found in food that gives us energy to play hard, strengthening our bones and muscles, keeping us healthy, keeping our skin glowing. Examples of nutrients: Folate, Vitamin C, Vitamin A, Carbohydrate, Iron, Potassium, Fats, Protein, and Fiber.

