



Columbus County Schools Pre-K, Elementary, & Middle School Lunch Menus for May 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Menus subject to change due to availability	Lunch includes choice of low-fat or fat-free milk.	May 1 General Tso Chicken w/Brown Rice Corn Dog Nuggets Mixed Vegetables Corn Fresh Banana	May 2 Barbecued Chicken Beefaroni Roll Broccoli w/Cheese Sauce Garden Salad Pineapple Cup	May 3 Chicken Tenders w/Roll Manager's Choice Entrée Sweet Potato Fries Baked Beans Fresh Fruit
May 6 Cheese Pizza Pepperoni Pizza Baby Carrots w/Dip Garden Peas Chilled Pears	May 7 Chicken Chunks w/Roll Corn Dog Oven Baked Fries Mixed Vegetables Pineapple Cup	May 8 Beef Soft Taco Chicken Fajita Pinto Beans Corn Fresh Apple	May 9 Chicken Alfredo Chef Salad Garlic Breadstick Steamed Broccoli Green Beans Frozen Slushie Cup	May 10 No School Professional Development
May 13 Cheese Pizza Pepperoni Pizza Sliced Carrots Potato Wedges Mixed Fruit Cup	May 14 Hot Dog w/Chili Fish Sticks w/Corn Muffin Baked Beans Corn Peach Cup	May 15 Chicken Nuggets w/Roll Manager's Choice Entrée Mashed Potatoes Green Beans Fresh Orange Wedges	May 16 Spaghetti Chicken Drum Stick Garlic Knot Steamed Broccoli Garden Salad Chilled Pears	May 17 Cheeseburger on Bun Pork Rib on Bun Sweet Potato Fries Lima Beans Fresh Fruit
May 20 Cheese Pizza Pepperoni Pizza Oven Baked Fries Baby Carrots w/Dip Mandarin Orange Cup	May 21 Mozzarella Cheese Bites w/Marinara Sloppy Joe on Bun Green Beans Glazed Carrots Applesauce Cup	May 22 General Tso Chicken w/Brown Rice Corn Dog Nuggets Mixed Vegetables Corn Fresh Banana	May 23 Oven Roasted Chicken Beefaroni Roll Broccoli w/Cheese Sauce Garden Salad Pineapple Cup	May 24 Chicken Tenders w/Roll Manager's Choice Entrée Mashed Potatoes Baked Beans Fresh Fruit
May 27 No School Memorial Day Holiday	May 28 Chicken Chunks w/Roll Corn Dog Potato Wedges Mixed Vegetables Pineapple Cup	May 29 Beef Soft Taco Chicken Fajita Pinto Beans Corn Fresh Apple	May 30 Chicken Alfredo Chef Salad Garlic Breadstick Steamed Broccoli Green Beans Frozen Slushie Cup	May 31 Chicken Filet Sandwich Pork Barbecue on Bun Sweet Potato Fries Baked Beans Fresh Fruit

Families Making the Connection

Strawberries are Sweet!

Strawberries are fruits that grow on small plants. Strawberries can be available year-round. Peak season in the United States is May to July and in North Carolina is mid-April to mid-June. Did you know May is National Strawberry Month?

The Strawberry is the official North Carolina State Red Berry. North Carolina is the 4th largest strawberry producer in the nation. North Carolina has many "pick your own" farms. Find one near you at GottoBeNC.com.

Strawberries change colors as they ripen. They start as green and go from white to pink and finally to red when they are ripe and ready to be harvested. Strawberries will not ripen after picking. Choose strawberries with a solid red color and very little green or white. Strawberries should not have any mold or damage. The green caps should look fresh.

Strawberries are fun to eat fresh, whole or sliced, as a snack or side to a meal. You can add them to salads. Mix with low fat yogurt. Use as a topping for waffles, pancakes, or cereal. Or blend into smoothies. Wash your strawberries thoroughly under clean, running water before preparing or eating.

Strawberries are a superfood—packed with nutrients. Not only are strawberries deliciously sweet but they also help keep you healthy. Strawberries are an excellent source of vitamin C and a good source of fiber. A cup of whole strawberries has around 50 calories and 140 percent of the vitamin C Daily Value. Strawberries are cholesterol free and low in fat and sodium. Eight strawberries contain more vitamin C than one orange! Learn more about strawberries and other fruits and vegetables at <https://bit.ly/3c30kws>.