



IMSA - South May 2017 K-8 LunchSmart Menu

Monday	Tuesday	Wednesday	Thursday	Friday
May 1 Rotini* with Homemade Meat Sauce Broccoli Peaches	May 2 All-Beef Hot Dog on a Bun* Oven-Baked Spiral-Cut French Fries Celery Sticks with Ranch Dressing Fresh Grapes	May 3 Chicken Bowl with Mashed Potatoes & Corn* Honey Wheat Dinner Roll* Fresh Orange	May 4 Tangerine Chicken Brown Rice* Sliced Carrots Applesauce Animal Crackers*	May 5 Chicken Crispito* with Salsa Cinco de Mayo Rice* Refried Beans Strawberry / Kiwi Slushie Pears
May 8 Chicken Breast Sandwich with Lettuce & Tomato Parsley Redskin Potatoes Peaches	May 9 Asian Beef Noodles* Green Beans Mixed Fruit	May 10 BBQ Shredded Chicken Hoagie* with Melted Cheese Kettle-Baked Beans Pineapple	May 11 Build-Your-Own Crunchy Beef Tacos* with Garnish Cup & Salsa Baby Carrots Fresh Banana	May 12 Individual Pan Cheese Pizza* California Blend Veggies Salad Fresh Apple
May 15 Chicken Parmigiana Hoagie* California Blend Veggies Fresh Apple	May 16 Beef Sloppy Joe on a Bun* Baby Carrots Fresh Pear	May 17 Beef Burrito Bowl* with Black Beans, Corn & Salsa Pineapple	May 18 BBQ Turkey Burger on a Bun* Scalloped Potatoes Celery Sticks with Ranch Dressing Applesauce	May 19 Mac & Cheese* Salad Pears Honey Wheat Dinner Roll*
May 22 Chicken Soft Tacos* with Garnish Cup Refried Beans Peaches	May 23 BBQ Chicken Sandwich on a Bun* Corn Mixed Fruit	May 24 Greek-Style Chicken Brown Rice* / Green Beans Fresh Apple Honey Wheat Dinner Roll* Snickerdoodle Cookie*	May 25 Spaghetti* with Meatballs & Marinara Broccoli Applesauce String Cheese	May 26 Pepperoni French Bread Pizza* Baby Carrots Pears Last Day of School
May 29 	May 30	May 31	<div style="border: 2px solid red; padding: 5px;"> <p>Color My Plate: Farmer's Markets </p> <p>When the weather gets warmer, many communities operate farmer's markets. A farmer's market is a place where local farmers sell fruits, vegetables, and other foods directly to consumers. It's a fun and inexpensive way to purchase fresh produce. It's also a great way to support the local economy. To find a farmer's market near you, visit the website for your state's Department of Agriculture.</p> </div>	

*=Item contains whole grains
 L=Locally sourced
 H= Antibiotic and hormone-free
 S = Sustainable source

Milk served with lunch contains
 no artificial growth hormones or antibiotics

Menu is subject to change based on availability and
 quality of food items

This institution is an equal opportunity employer

Around the World in a Lunch Period – Mexico

On May 5, commemorate the Mexican victory over the French at the Battle of Puebla. Join the **Culinary Explorations** team for Cinco de Mayo! This holiday is actually more popular in the United States than it is in Mexico with people throwing parties and chowing down on everything from chalupas to guacamole. In honor of the occasion, we will serve a special meal of chicken crisritos, special homemade rice, and fan favorite slushies. Did you know . . .

- Staples of Mexican cooking include corn, tomatoes, avocados, beans, chili peppers, meats, cheeses, and rice?
- There are regional differences in cuisine based on geography and local ingredients?
- Vendors in Mexico sell famous "street food" such as gorditas, tamales, and elotes?
- The United Nations Educational, Scientific, and Cultural Organization (UNESCO) has designated traditional Mexico cuisine an Intangible Cultural Heritage?



¡Buen provecho!

Indiana Math & Science Academy May 2017 Breakfast Express Menu

Monday	Tuesday	Wednesday	Thursday	Friday
May 1 Cold Cereal* Graham Crackers* 100% Juice Milk	May 2 Cold Cereal* Graham Crackers* 100% Juice Milk	May 3 Cold Cereal* Graham Crackers* 100% Juice Milk	May 4 Cold Cereal* Graham Crackers* 100% Juice Milk	May 5 Cold Cereal* Graham Crackers* 100% Juice Milk
May 8 Cold Cereal* Graham Crackers* 100% Juice Milk	May 9 Cold Cereal* Graham Crackers* 100% Juice Milk	May 10 Cold Cereal* Graham Crackers* 100% Juice Milk	May 11 Cold Cereal* Graham Crackers* 100% Juice Milk	May 12 Cold Cereal* Graham Crackers* 100% Juice Milk
May 15 Cold Cereal* Graham Crackers* 100% Juice Milk	May 16 Cold Cereal* Graham Crackers* 100% Juice Milk	May 17 Cold Cereal* Graham Crackers* 100% Juice Milk	May 18 Cold Cereal* Graham Crackers* 100% Juice Milk	May 19 Cold Cereal* Graham Crackers* 100% Juice Milk
May 22 Cold Cereal* Graham Crackers* 100% Juice Milk	May 23 Cold Cereal* Graham Crackers* 100% Juice Milk	May 24 Cold Cereal* Graham Crackers* 100% Juice Milk	May 25 Cold Cereal* Graham Crackers* 100% Juice Milk	May 26 Cold Cereal* Graham Crackers* 100% Juice Milk Last Day of School
May 29 	Thank you for joining us for Breakfast. Enjoy your summer holiday.			

FRUIT AVAILABLE DAILY



*=Whole-grain item

Non-cereal selection may be offered instead of cold cereal
 Milk served with breakfast contains no artificial growth hormones or antibiotics
 Menu is subject to change based on availability and quality of food items

BREAKFAST BUZZ

Did you know that school breakfast helps students concentrate?

Stop by the cafeteria every day and pick up something to eat. It might help you get higher grades and better test scores.

