



Lee County Schools High School Menus for May 2026

Monday	Tuesday	Wednesday	Thursday	Friday
				May 1 Pancake on Stick Domino's Pizza Fresh Garden Salad Buttery Corn Fresh NC Strawberries Brk Juice & Milk
May 4 Yogurt & Granola Meatballs w Garlic Knots Pizza Cheese Sticks Fresh Garden Salad Sweet Carrots Banana Brk Juice & Milk	May 5 Chicken & Waffle Managers Choice Carrot Sticks w Ranch French Fries Strawberry Cup Brk Juice & Milk	May 6 Pancakes NC Farm to Table Fried Chicken & Biscuit Uncrustable Maple Sweet Potatoes Broccoli NC Berries Brk Juice & Milk	May 7 Sausage Biscuit Beefy Nachos Chicken Quesadilla Ranchero Pinto Salsa, Sour Cream Jalapenos Diced Pears Brk Juice & Milk	May 8 Pancake Sandwich Domino's Pizza Fresh Garden Salad Buttery Corn Fresh NC Strawberries Brk Juice & Milk
May 11 Yogurt & Granola Chicken Fajita Taco Pizza Ranchero Pinto Salsa, Lettuce Cup, Sour Cream, Jalapenos, Banana Brk Juice & Milk	May 12 Chicken Biscuit Managers Choice Carrot Sticks w Ranch Roasted Potatoes Mixed Berry Cup Brk Juice & Milk	May 13 Bagel w Cream Cheese Chicken Nuggets w Biscuit Uncrustable Mashed Potatoes Corn Peach Cup Brk Juice & Milk	May 14 French Toast Chicken Sandwich Double Cheeseburger French Fries Baked Beans Diced Pears Brk Juice & Milk	May 15 Pancake on Stick Domino's Pizza Fresh Garden Salad Buttery Corn Fresh NC Strawberries Brk Juice & Milk
May 18 Yogurt & Granola (Exam Week Quick Serve) Pepperoni Pizza Salad Green Beans Fruit Cup, Brk Juice Milk	May 19 Chicken & Waffle (Exam Week -Quick Serve) Taco Pizza Ranchero Pinto Salsa Cup Fruit Cup, Brk Juice Milk	May 20 Pancakes (Exam Week -Quick Serve) Pizza Cheese Sticks Roasted Broccoli Marinara Cup Fruit Cup, Brk Juice Milk	May 21 Sausage Biscuit (Exam Week -Quick Serve) Chicken Quesadilla Buttery Corn Salsa Cup Fruit Cup, Brk Juice Milk	May 22 Mangers Choice (Exam Week -Quick Serve) Bento Box Pickles Veggie Juice Fruit Cup, Cranberries Milk

Nutrition Byte

Explore Fitness Benefits!

Did you know May is National Physical Fitness and Sports Month? Sports and fitness activities help you:

- Develop stronger muscles, bones, and joints
- Improve coordination, balance, and flexibility
- Enhance attention, memory, and problem-solving
- Boost academic performance
- Work on cooperation, communication, and leadership
- Reduce stress and anxiety and build self-esteem
- Sleep better
- Make friends
- Build healthy habits for a lifetime

What can you do?

- Turn on some music, dance, and sing.
- Take a walk or go for a run or bike ride.
- Play basketball, soccer, tennis, pickleball, or another sport.
- Get outside. Explore nature at a local park or trail.
- Play an active game with friends or family.
- Plant or work in a garden.
- Try a new activity. Spend time with others.

Aim for 60 minutes of daily physical activity. **Nutrilink:** Learn more and find resources at <https://odphp.health.gov/our-work/nutrition-physical-activity/physical-activity-guidelines>.