



## Lee County Schools Elementary Menus for May 2025

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>May 1</b> Manager's Choice	<b>May 2</b> Ham & Cheese Croissant
			Manager's Choice 2 Vegetables 1 Fruit Milk	Pepperoni Pizza Romaine Salad Buttery Corn Diced Peaches Milk
<b>May 5</b> Donut Hole Cup	<b>May 6</b> Chicken Biscuit	<b>May 7</b> <i>Lemon Bread</i>	<b>May 8</b> Manager's Choice	<b>May 9</b> Mini Cinnamon Rolls '
Hotdog French Fries Baked Beans Diced Pears Milk	Chicken Alfredo w Bread Stick Romaine Salad Roasted Broccoli Fresh NC Strawberries Milk	<i>Picnic Lunch</i> Turkey Ham Sandwich Baby Carrots w Dip Pickles Local Fresh Apple Slices Milk	Manager's Choice 2 Vegetables 1 Fruit Milk	Pizza Sticks Romaine Salad Buttery Corn Marinara Cup Mixed Fruit Milk
<b>May 12</b> Donut Hole Cup	<b>May 13</b> Sausage Biscuit	<b>May 14</b> <i>Berry Bread</i>	<b>May 15</b> Manager's Choice	<b>May 16</b> Cinnamon Toast Crunch
Chicken Sandwich French Fries Baked Beans Mixed Fruit Milk	Macho Nacho Ranchero Pintos Shredded Lettuce Salsa Cup Fresh NC Strawberries Milk	<i>Picnic Lunch</i> Turkey Ham Sandwich Baby Carrots w Dip Pickles Local Fresh Apple Slices Milk	Manager's Choice 2 Vegetables 1 Fruit Milk	French Bread Pizza Romaine Salad Buttery Corn Marinara Cup Diced Pears Milk
<b>May 19</b> Donut Hole Cup	<b>May 20</b> Pancake on Stick	<b>May 21</b> <i>Lemon Bread</i>	<b>May 22</b> Manager's Choice	<b>May 23</b> Manager's Choice
Hamburger French Fries Baked Beans Diced Peaches Milk	Chicken Tenders Mashed Potatoes Green Beans Fresh NC Strawberries Milk	<i>Picnic Lunch</i> Turkey Ham Sandwich Baby Carrots w Dip Pickles Local Fresh Apple Slices Milk	Manager's Choice 2 Vegetables 1 Fruit Milk	<i>Quick Serve Grab N Go</i> Pizza Sticks Veg Juice Box Marinara Cup Cranberry/Cherries Milk

## Nutrition Byte

### Go Screen Free!

May 5-9 is Screen Free Week! This annual, international celebration promotes reading, playing, thinking, creating, getting active, and spending more time with family and friends instead of watching TV, surfing the web, or playing with apps and video games. You can still use devices for work or school.

#### Why go screen free?

- Screen time can take away from physical activity that everyone needs to be healthy. Youth and adults who are active are more likely to be at a healthy weight, be sick less often, and sleep better. They are also able to focus, do better in school or at work, and are less likely to feel stressed or depressed.
- Excessive screen time can take us away from connecting with others.

#### What can you do?

- Take breaks from screens – smart phone, computer, TV, etc.
- 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.
- Work on an art or craft project.
- Get outside. Explore nature at a local park or trail.
- Play a game or put together a puzzle with friends or family.
- Plant or work in a garden.
- Read a book.
- Try a new activity or hobby. Spend time with others.
- Volunteer in your community.

**Nutrilink:** Learn more and find resources at <https://screenfree.org>.