May 2019

Somis Union School



All meals are FREE to all students. Menu subject to substitution. All meals are served with choice of 1% regular or nonfat TruMoo chocolate milk. Milk and water are sold throughout the school day. Please let us know if you have questions or concerns.

Thank you @ Happy May!

This institution is an equal opportunity provider.



Fitness Tip: MyPlate recommends:

- Children need at least 60 minutes of physical activity every day.
- Be active together as a family.
- · Physical activity should be fun and offer variety.

Monday	Tuesday	Wednesday	Thursday	Friday
		Chicken Nuggets Carrots Applesauce Milk	Hamburgers Baked Fries Strawberries Milk	Pizza Day! Salad w/dressing Peaches Jello Milk
Sub Sandwiches Goldfish Crackers Carrots Applesauce Milk	Bean and Cheese Burritos Spanish Rice Corn and Peaches Milk	Corndogs Baked Fries Strawberries Milk	Orange Chicken Rice Bowls Carrots Strawberries Milk and Fortune Cookies	Pizza Day! Salad w/dressing Peaches Jello Milk
BBQ Chicken Sandwich Carrots Pears Milk	Spaghetti Garlic Bread Applesauce Green Beans Milk	Hotdogs Chili Peaches Milk	Chicken and Gravy Mashed Potatoes Country Biscuit Carrots and Pears Milk	Pizza Day! Salad w/dressing Peaches Jello Milk
BBQ Beef Sandwich Carrots Peaches Milk	Chicken & Rice Burrito Green Beans Strawberries Milk	Hamburgers Baked Fries Pears Milk	Mac and Cheese Breadsticks Carrots Bananas Milk	Pizza Day! Salad w/dressing Peaches Jello Milk
Happy Memorial Day No School	Orange Chicken Rice Bowls Carrots Strawberries Milk and Fortune Cookies	Sub Sandwiches Goldfish Crackers Carrots Applesauce Milk	Chicken Nuggets Baked Fries Applesauce Milk	Pizza Day! Salad w/dressing Peaches Jello Milk