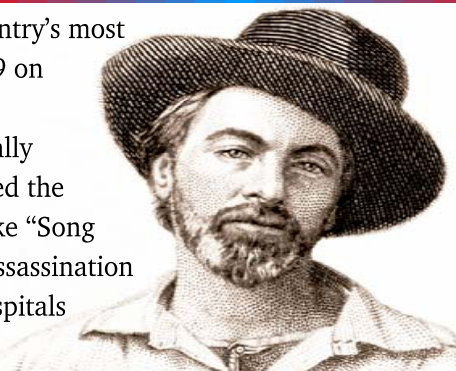
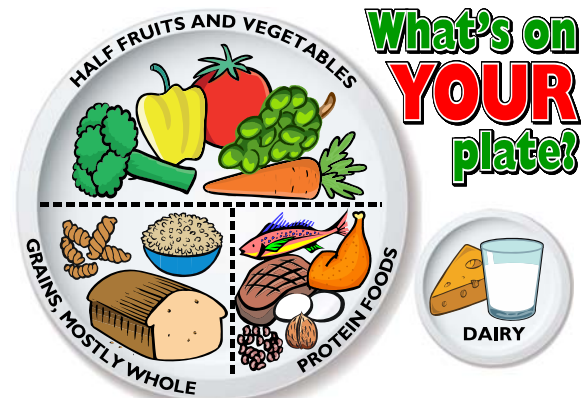


OUR NATION'S HISTORY

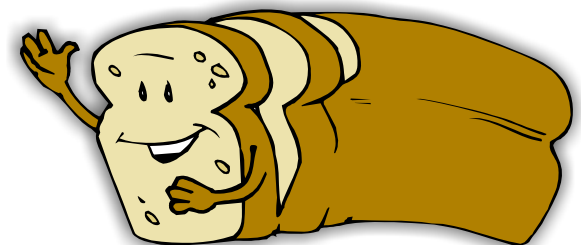
The American poet and journalist Walt Whitman, one of our country's most original and most acclaimed writers, was born on May 31, 1819 on Long Island in New York State. He began work on his masterpiece, a collection of poems entitled *Leaves of Grass*, before 1850 and continually revised and added to the book until his death in 1892. He is considered the first truly American poet, and is particularly remembered for poems like "Song of Myself" and "Oh Captain, My Captain!" which he wrote upon the assassination of President Abraham Lincoln. Whitman also volunteered in Army hospitals during the American Civil War, helping to care for wounded soldiers.



WITH LIBERTY & JUSTICE FOR ALL



Always try to score 100%!



The healthiest – and tastiest! – bread you can eat is the kind that says "100% whole wheat." Check out a loaf of the bread you usually eat. Does it say "100%" on the front label? Is "whole wheat flour" the first ingredient listed? Does the "Nutrition Facts" label say that the bread has at least 2 grams of fiber per slice? If you answered yes to all 3 questions, congratulations – you score 100%! If you didn't answer yes to all three, give 100% whole wheat bread a try!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, May 15

Breakfast
Frosted Flakes
Breakfast Kit
Apple
Milk

Lunch
Pepperoni Bites
Corn
Milk

Tuesday, May 16

Breakfast
Mini Cinnamon Bagel
Cherry Craisins
Cherry Apple Juice
Milk

Lunch
Nachos
Refried Beans
Milk

Wednesday, May 17

Breakfast
Cinnamon Bun
Applesauce
Orange Juice
Milk

Lunch
Spaghetti, Breadstick
Broccoli
Milk

Thursday, May 18

Breakfast
Maple Waffle
Raisins
Apple
Milk

Lunch
Whole Grain Pizza
Green Beans
Milk

Friday, May 19

Breakfast
Cinnamon Toast Crunch
Bar Breakfast Kit
Strawberry Craisins
Milk

Lunch
Mini Corn Dogs
Fries
Vanilla Ice Cream
Milk

Monday, May 22

Breakfast
Manager's Choice
Milk

Lunch
Manager's Choice
Milk

Tuesday, May 23

Breakfast
Manager's Choice
Milk

Lunch
Manager's Choice
Milk

Wednesday, May 24

Breakfast
Manager's Choice
Milk

Lunch
Manager's Choice
Milk

Thursday, May 25

Breakfast
Manager's Choice
Milk

Lunch
Manager's Choice
Milk



DON'T GET!
Take at least **ONE** **FRUIT** or **VEGGIE**
and at least **THREE** items total so your meal counts as a complete lunch!