



This institution is an equal opportunity provider. Menus are subject to change.

St. Teresa School

* indicates the item contains Pork

Thursday, May 1

Lunch
 -Cheeseburger
 -Breaded Chicken Sandwich
 -Italian Salad & Bosco Stick*
 -Deli Sandwich
 Seasoned Green Beans
 Mixed Fruit
 Cold Milk

Friday, May 2

Early Dismissal

Monday, May 5

Cinco De Mayo Lunch
 -Straw Hat
 -Hot & Spicy Chicken Sandwich
 -Popcorn Chicken Salad & Bosco Stick
 -Deli Sandwich
 Ranchero Beans
 Chilled Peaches
 Apple Cinnamon Churro
 Cold Milk

Tuesday, May 6

Lunch
 Toasted Ravioli & Bosco Stick
 -Hot Ham & Cheese Sandwich
 -Italian Salad & Bosco Stick*
 -Deli Sandwich
 Seasoned Carrots
 Fresh Pear
 Cold Milk

Wednesday, May 7

Lunch
 -Cheese Pizza
 -Corn Dog
 -Chef Salad & Bosco Stick
 -Deli Sandwich
 Sweet Corn
 Chilled Applesauce
 Cold Milk

Thursday, May 8

Lunch
 -Popcorn Chicken, Pretzel Sticks & Queso
 -Sloppy Joe Sandwich
 -Italian Salad & Bosco Stick*
 -Deli Sandwich
 Fresh Broccoli
 Craisins
 Cold Milk

Friday, May 9

Lunch
 -Mozzarella Sticks & Sauce
 -Hamburger on Bun
 -Chef Salad & Bosco Stick
 -Deli Sandwich
 Green Beans
 Fresh Apple
 Cold Milk

Queen for a Day!



Mother's Day 🍷 Sunday, May 11

Monday, May 12

Lunch
 -Chicken Strips & Breadstick
 -Meatball Sandwich
 -Popcorn Chicken Salad & Bosco Stick
 -Deli Sandwich
 Mashed Potatoes & Gravy
 Chilled Pears
 Cold Milk

Tuesday, May 13

Lunch
 -Hot Dog on Bun
 -BBQ Rib Sandwich*
 -Italian Salad & Bosco Stick*
 -Deli Sandwich
 Baby Carrots
 Apple Juice
 Fruit Snacks
 Cold Milk

Wednesday, May 14

Lunch
 -Chicken Nuggets & Macaroni with Cheese
 -Turkey Club Croissant
 -Chef Salad & Bosco Stick
 -Deli Sandwich
 Green Beans
 Chilled Peaches
 Cold Milk

Thursday, May 15

Lunch
 -Cheesy Breaded Chicken Sandwich
 -BBQ Hamburger on Bun
 -Italian Salad & Bosco Stick*
 -Deli Sandwich
 Steamed Broccoli
 Frozen Juice Cup
 Cold Milk

Friday, May 16

Lunch
 -Chicken & Queso Nachos
 -Toasted Cheese Sandwich
 -Chef Salad & Bosco Stick
 -Deli Sandwich
 Fiesta Beans
 Orange Smiles
 Cold Milk

Monday, May 19

Lunch
-French Toast Sticks & Sausage*
-Sub Sandwich
-Deli Sandwich
Sweet Corn
Mixed Fruit
Gogurt Yogurt
Cold Milk

Tuesday, May 20

Lunch
-Cheeseburger
-Hot & Spicy Chicken Sandwich
-Deli Sandwich
Candied Sweet Potatoes
Chilled Pears
Cold Milk

Wednesday, May 21

Lunch
-Pepperoni Pizza*
-Mini Corn Dogs
-Deli Sandwich
Green Beans
Chilled Applesauce
Cold Milk

Thursday, May 22

Lunch
-Orange Chicken & Fried Rice
-Hamburger on Bun
-Deli Sandwich
Fresh Broccoli
Pineapple Tidbits
Fortune Cookie
Cold Milk

Friday, May 23

Early Dismissal
No Lunch



Monday, May 26



HAVE A GREAT SUMMER!

Thanks for eating with us this year.
We look forward to seeing you
when school starts up again!

NUTRITION TO GO

OK, parents. Here's your homework for the summer: set a good example for your kids during their time off from school by modeling good nutrition behavior for them. Buy and eat more fresh fruits and veggies, and cut back on your own snacking on foods that are high in fat, sodium, and sugar.

A QUICK BITE FOR PARENTS

IF YOUR CHILD NEEDS SUMMER FOOD

The Summer Food Service Program (SFSP) and Seamless Summer Option (SSO) are federal nutrition programs that provide free and nutritious meals to children 18 years old and younger. The summer nutrition programs are sponsored by the United States Department of Agriculture and administered by the Illinois State Board of Education. The Illinois Hunger Coalition's Hunger Hotline (1-800-359-2163) serves as the statewide phone number for families to call to find a Summer Meals site near them.

GOING NATURAL?

There's no legal definition of the word "natural" on a food label. So it doesn't really mean much at all. To truly "go natural," eat lots of whole foods



(like fruits, veggies, nuts, beans, lean protein) that don't have any other ingredients at all -- naturally.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

