



May 2017

Forest Ranch Charter School

BREAKFAST

LUNCH

CHARTER MENU

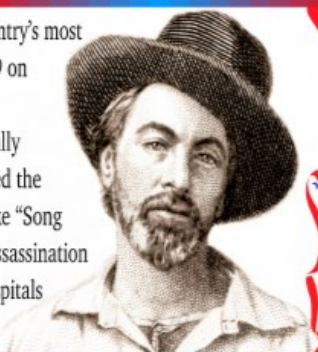
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Multigrain Cereal Cinnamon French Toast & Sausage Link	Multigrain Cereal Breakfast Sandwich	Multigrain Cereal Breakfast Burrito Fresh Baked Muffin Top	Multigrain Cereal Cinnamon Roll Cinnamon French Toast & Sausage Link	Multigrain Cereal Fresh Baked Muffin Waffle & Sausage Sandwich
Chicken Salad w/ Tortilla Chips Full Moon Cheese Pizza Red Rocket Pepperoni Pizza Bean & Cheese Burrito	Orange Chicken & Rice Bagel Dog PB&J Sandwich w/ Sunflower Seeds	Pizza Calzone Hamburger Cheese Burger Veggie Burger Manager Choice: Sandwich SORBET <div style="border: 1px solid red; padding: 5px; color: red; font-weight: bold;"> Must take 1/2 cup Fruit and Or Vegetable Daily </div>	Spaghetti & Meat Sauce w/ Garlic Bread Stick Chicken Burger Full Moon Cheese Pizza Red Rocket Pepperoni Pizza	Beef Taco Bowl & Tortilla Chips Hamburger Cheese Burger Veggie Burger Corn Dog

GARDEN BAR SERVED FOR LUNCH DAILY W/ SEASONAL FRESH FRUITS & VEGETABLES AND IS OFFERED WITH A MILK

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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

National Holidays in May 2017

- May 3. National Two Different Colored Shoes Day
- May 9. National Lost Sock Memorial Day
- May 13. National Frog Jumping Day
- May 18. National No Dirty Dishes Day
- May 20. National Learn to Swim Day
- May 24. National Scavenger Hunt Day
- May 28. National Hamburger Day
- May 31. National Speak in Sentences Day

SCHOOL LUNCH SUPERHERO DAY
May 5th



and
School
Nutrition
Employee



MEMORIAL DAY
MAY 29
School Resumes Tuesday
May 30

90 MINUTE RULE.

A hot shower before bed helps you sleep better. But there's a catch: make sure to shower ninety minutes before you plan to hit the hay. That way your body will have time to cool down and you'll be primed for the excellent, restful sleep we all need for good health!



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

Where do all of our crazy food names and phrases come from?



WORDS OF MOUTH

This month: "Selling like Hot Cakes"


Thanks, Mom!



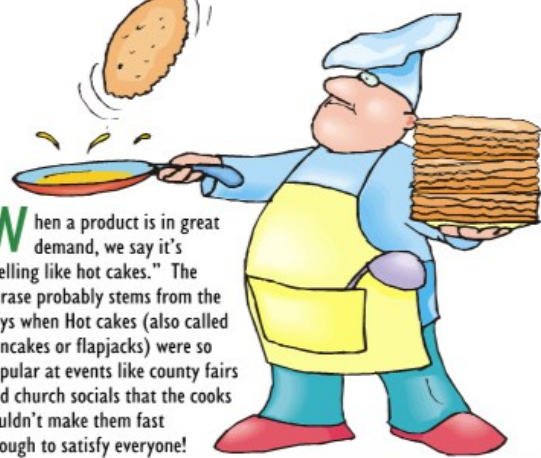
Happy Mother's Day
Sunday, May 14

NUTRITION TO GO

"Coleslaw" comes from a Dutch phrase ("kool sla") that means cabbage salad. Cabbage has been shown to help prevent certain types of cancer, and it's also loaded with vitamin C. Cabbage is easy to grow and tolerates cold very well. That's probably why it's featured in a lot of northern dishes, like sauerkraut.



A TASTY MORSEL FOR PARENTS



When a product is in great demand, we say it's "selling like hot cakes." The phrase probably stems from the days when Hot cakes (also called pancakes or flapjacks) were so popular at events like county fairs and church socials that the cooks couldn't make them fast enough to satisfy everyone!