



WILLSBORO
CENTRAL
SCHOOL

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

Available Daily

PBJ OFFERED DAILY

CHICKEN NUGGETS
MON. WED. FRI

BREAKFAST \$1..50
LUNCH \$2.20



Tuesday, 1

Breakfast
BAGEL, CEREAL
DAILY SPECIAL
FRUIT/MILK

Lunch
CHICKEN PATTY
BROCCOLI
FRUIT/MILK

Wednesday, May 2

Breakfast
BAGEL, CEREAL
DAILY SPECIAL
FRUIT/MILK

Lunch
PIZZA
TOSSED SALAD
FRUIT/MILK

Thursday, 3

Breakfast
BAGEL, CEREAL
DAILY SPECIAL
FRUIT/MILK

Lunch
CHICKEN FAJITA
RICE/CORN
FRUIT/MILK

Friday, 4

Breakfast
BAGEL, CEREAL
DAILY SPECIAL
FRUIT/MILK

Lunch
TACO
BAKED BEANS
FRUIT/MILK

Monday, 7

Breakfast
BAGEL, CEREAL
DAILY SPECIAL
FRUIT/MILK

Lunch
CHICKEN
MASHED POTATO
GREEN BEANS
MILK

Tuesday, 8

Breakfast
BAGEL, CEREAL
DAILY SPECIAL
FRUIT/MILK

Lunch
DELUXE BURGER
BAKED FRIES
BAKED BEANS
FRUIT/MILK

Wednesday, 9

Breakfast
BAGEL, CEREAL
DAILY SPECIAL
FRUIT/MILK

Lunch
PIZZA
TOSSED SALAD
FRUIT/MILK

Thursday, 10

Breakfast
BAGEL, CEREAL
DAILY SPECIAL
FRUIT/MILK

Lunch
TURKEY SUB
PASTA SALAD
CARROTS
FRUIT/MILK

Friday, 11

Breakfast
BAGEL, CEREAL
DAILY SPECIAL
FRUIT/MILK

Lunch
CHICKEN
ENCHILADA
RICE/CORN
FRUIT/MILK



HORSES RUN ON BIG HOOVES, WHICH ARE LIKE
OUR FINGERTIPS AND TOWELS.

THEIR "HANDS" AND "FEET" ARE MUCH
LONGER THAN OURS -- A HORSE'S

"WRIST" IS ACTUALLY HALFWAY UP
ITS FRONT LEG, AND ITS "ANKLE" IS
HALFWAY UP ITS BACK LEG!

STRANGE
BUT TRUE!

NUTRITION 10100

Broccoli is an excellent source of vitamin C and beta carotene, both of which can help fight cancer. Frozen broccoli actually has more beta carotene (but less vitamin C) than fresh. Steaming fresh broccoli is the best way to retain nutrients and avoid the "too strong" flavor that results from overcooking.

A QUICK BITE FOR PARENTS

Monday, 14

Breakfast

BAGEL, CEREAL
DAILY SPECIAL
FRUIT/MILK

Lunch

BUFFALO WRAP
RICE
BROCCOLI
FRUIT/MILK

Tuesday, 15

Breakfast

BAGEL, CEREAL
DAILY SPECIAL
FRUIT/MILK

Lunch

MICHIGAN
BAKED FRIES
BAKED BEANS
FRUIT/MILK

Wednesday, 16

Breakfast

BAGEL, CEREAL
DAILY SPECIAL
FRUIT/MILK

Lunch

PIZZA
TOSSED SALAD
FRUIT./MILK

Thursday, 17

Breakfast

BAGEL, CEREAL
DAILY SPECIAL
FRUIT/MILK

Lunch

LOADED NACHO
BEANS
FRUIT/MILK

Friday, 18

Breakfast

BAGEL, CEREAL
DAILY SPECIAL
FRUIT/MILK

Lunch

TURKEY
MASHED POTATO
CORN
FRUIT/MILK

Monday, 21

Breakfast

BAGEL, CEREAL
DAILY SPECIAL
FRUIT/MILK

Lunch

PANCAKES
SAUSAGE
HASH BROWN
FRUIT/MILK

Tuesday, 22

Breakfast

BAGEL, CEREAL
DAILY SPECIAL
FRUIT/MILK

Lunch

MAC/CHEESE
HAM ROLL UP
GREEN BEANS
FRUIT/MILK

Wednesday, 23

Breakfast

BAGEL, CEREAL
DAILY SPECIAL
FRUIT/MILK

Lunch

PIZZA
TOSSED SALAD
FRUIT/MILK

Thursday, 24

Breakfast

BAGEL, CEREAL
DAILY SPECIAL
FRUIT/MILK

Lunch

CHEF SALAD
MEATS, CHEESE
VEGGIES
FRUIT/MILK

Friday, 25

Breakfast

BAGEL, CEREAL
DAILY SPECIAL
FRUIT/MILK

Lunch

WCS BURGER
BAKED FRIES
FRUIT/MILK

Available Daily

PBJ AVAILABLE DAILY

CHICKEN NUGGETS

MONDAY,

WEDNESDAY

FRIDAY

DON'T FORGET WE CAN
PACK A LUNCH IF YOUR
CHILD IS GOING ON A FIELD
TRIP

Monday, 28



MEMORIAL DAY
NO SCHOOL TODAY

Thursday, 31

Breakfast

BAGEL, CEREAL
DAILY SPECIAL
FRUIT/MILK

Lunch

CHICKEN STIR FRY
VEGGIES
FRUIT/MILK

Wednesday, 30

Breakfast

BAGEL, CEREAL
DAILY SPECIAL
FRUIT/MILK

Lunch

PIZZA
TOSSED SALAD
FRUIT/MILK

Thursday, 31

Breakfast

BAGEL, CEREAL
DAILY SPECIAL
FRUIT/MILK

Lunch

CHICKEN STIR FRY
VEGGIES
FRUIT/MILK

OUR NATION'S HISTORY



Jim Thorpe, one of the most famous and accomplished of all American athletes, was born on May 28, 1888. Thorpe won both the pentathlon and decathlon at the 1912 Olympics, becoming the first Native American to take gold for the United States. He played six seasons of major league baseball, 12 seasons of professional football, and toured the U.S. as a professional basketball player. His native name *Wa-Tho-Huk* translates as "path lit by great flash of lightning."

WITH LIBERTY & JUSTICE FOR ALL