

SHELBY COUNTY
CATHOLIC SCHOOL
HARLAN ,IOWA

MAY 2022



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2 Cereal
Milk
Juice
Mixed Berries

3 Granola Bar
Milk
Juice
Raisins

4 Muffins
Milk
Juice
Dried
Cherries

5 Cereal
Milk
Juice
Peach Cup

6 Mini Cinnis
Milk
Juice
Fresh Fruit

9 Cereal
Milk
Juice
Mixed Berries

10 Uncrustable
Milk
Juice
Raisins

11 Cereal Bar
Milk
Juice
Fresh Fruit

12 Cereal
Milk
Juice
Peach Cup

13 Donuts
Milk
Juice
Dried
Cherries

16 Cereal
Milk
Juice
Applesauce

17 French
Toast
Milk
Juice
Fresh Fruit

18 Granola Bar
Milk
Juice
Raisins

19 Cereal
Milk
Juice
Peach Cup

20 Uncrustable
Milk
Juice
Dried
Cherries

23
COOKS
CHOICE

24
COOKS
CHOICE

25

26

27

30

31



Where do
baby apes
sleep?

In apricots!



YOU MUST CHOOSE 3
ITEMS.
ONE MUST BE ½ CUP
FRUIT OR VEGETABLE.
MILK CHOICES
SKIM
CHOCOLATE
1 %
MEALS ARE SUBJECT TO
CHANGE.

What am I?

I am a red or black fruit that
can stain your hands when you
eat me. I grow on bushes and I
taste good on your cereal.

Blackberries/raspberries

This institution is an equal
opportunity provider.

A nutrient is
something
found in food
that gives us
energy to play
hard,
strengthening
our bones and
muscles,
keeping us
healthy, keeping
our skin
glowing.
Examples of
nutrients:
Folate, Vitamin
C, Vitamin A,
Carbohydrate,
Iron, Potassium,
Fats, Protein,
and Fiber.

