

# MAY 2021

Forge International School

Monday	Tuesday	Wednesday	Thursday	Friday
Corn Dog Potato Wedges Mixed Veggies Apple Sauce Choice of milk <b>3</b>	Crispito Refried Beans Cheese Salsa Mixed Fruit Choice of milk <b>4</b>	Chicken Fritters Baked Potato Broccoli Sour Cream Pears Choice of Milk <b>5</b>	Pepperoni Calzone Baby Carrots with Ranch Apple Chips Whole Grain Cookie Choice of Milk <b>6</b>	No School <b>7</b>
Chicken Sandwich Pickles Side salad Apple Sauce Choice of Milk <b>10</b>	Taquitos Chili Pineapple Corn Choice of milk <b>11</b>	Cheeseburger Fries Ketchup or BBQ Sauce Green Beans Mixed Fruit Choice of Milk <b>12</b>	Cheese Rippers Baby Carrots with Ranch Raisels Whole Grain Cookie Choice of Milk <b>13</b>	No School <b>14</b>
Corn Dog Fries Ketchup Peas Apple Sauce Choice of milk <b>17</b>	Burrito Corn Salsa Peaches Choice of Milk <b>18</b>	Chicken Nuggets Baked Potato Sour cream Broccoli Pineapple Choice of Milk <b>19</b>	Pepperoni Rippers Baby Carrots with Ranch Applesauce Whole Grain Cookie Choice of Milk <b>20</b>	No School <b>21</b>
Rib B Q Pork Sandwich Baked Potato Sour Cream Beans BBQ Sauce Choice of Milk <b>24</b>	Orange Chicken Rice Mixed Veggies Apple Sauce Choice of Milk <b>25</b>	Chicken Side Salad Italian Dressing Dinner Roll Peaches Choice of Milk <b>26</b>	Rippers Baby Carrots with Ranch Raisels Whole Grain Cookie Choice of Milk <b>27</b>	No School <b>28</b>

**Memorial Day 31**  
No School

**Things to remember:**  
 Teacher/Staff Appreciation Week May 3<sup>rd</sup>-May 6<sup>th</sup>  
 Mother's Day May 9<sup>th</sup>  
 Fun Fact: Broccoli is a superfood! This superfood is loaded with fiber, antioxidants, vitamin C to aid in iron absorption. It even has calcium to help build strong bones.  
 If you have wondered why we lunch ladies serve you broccoli almost every week? We want to serve only the best, for the best kids around.