

Fun Facts About May

Some Native American tribes called the May full moon The Full Flower Moon, The Corn Planting Moon or the Milk Moon.

The Anglo Saxon word for May was Tri-Milchi meaning 3 milks because the grass had become so lush and green that you could milk the cows three times a day.

To maintain a youthful appearance and enhance your beauty, wash your face in the dew you collect on the morning of the first of May.

- Marry in May, you'll rue the day.
- Wash a blanket in May, you'll wash a dear one away
- A cold May is kindly and fills the barn finely.
- Mist in May and heat in June makes harvest come right soon.

Once the tallest building in the world and currently the fifth tallest building in the United States, the Empire State Building opened for all on May 1, 1931. This 443 meter tall building held the honor of being the tallest building of the USA until the World Trade Center was completed in 1973. After the WTC attacks on 09/11/2001, the Empire State Building was temporarily the tallest but in 2014, One World Trade Center opened at a symbolic 1,776 feet.

Hotline Menu

Verrado High School

Choice of Fruit: (may select two); Granny Smith Green Apple, Oranges, Banana, Red Delicious Apple, Baby Carrots, Raisins, Craisins, Apple or Orange Juice (when available)		Choice of Milk: 1% Lowfat Milk FF Chocolate Milk FF Strawberry Milk (when available)		
Monday, May 3	Tuesday, May 4	Wednesday, May 5	Thursday, May 6	Friday, May 7
Bacon Cheeseburger Tater Tots Daily Fruit, Juice & Milk	Asian Rice Bowl Steamed Broccoli Daily Fruit, Juice & Milk	Bean & Cheese Burrito or PB&J Sandwich Tater Tots Daily Fruit, Juice & Milk	Lasagna Garlic Bread Spinach Salad Daily Fruit, Juice & Milk	Variety of Costco Pizza Green Salad or Broccoli Daily Fruit, Juice & Milk
Monday, May 10	Tuesday, May 11	Wednesday, May 12	Thursday, May 13	Friday, May 14
Taco Salad Bowl w/ salsa, sour cream Daily Fruit, Juice & Milk	Asian Rice Bowl Steamed Broccoli Daily Fruit, Juice & Milk	Bean & Cheese Burrito or PB&J Sandwich Tater Tots Daily Fruit, Juice & Milk	Hotdog on a bun French Fries Daily Fruit, Juice & Milk	Variety of Costco Pizza Green Salad or Broccoli Daily Fruit, Juice & Milk
Monday, May 17	Tuesday, May 18	Wednesday, May 19	Thursday, May 20	Friday, May 21
Chef's Choice Daily Fruit, Juice & Milk	Chef's Choice Daily Fruit, Juice & Milk	Chef's Choice Daily Fruit, Juice & Milk	Last Day of School	

May

- National Celiac Disease Awareness Month
- National Foster Care Month
- National Barbecue Month
- National Bike Month

Menu subject to change

This institution is an equal opportunity provider and employer
 AFUHS Food Service Department is providing a variety of meal service during the 20/21 SY.
Students/Families can only participate in 1 program. RTL 5 day meal box pick-up each Wednesday OR
 Blue Bird Eats delivery each Wednesday

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Value Meal Menu

Verrado High School

Choice of Fruit: (may select two); Granny Smith Green Apple, Oranges, Banana, Red Delicious Apple, Baby Carrots, Raisins, Craisins, Apple or Orange Juice (when available)				
Choice of Milk: 1% Lowfat Milk FF Chocolate Milk FF Strawberry Milk (when available)				
Monday, May 3	Tuesday, May 4	Wednesday, May 5	Thursday, May 6	Friday, May 7
Cheese or Pepperoni Pizza Cheeseburger on a bun PB&J Sandwich Fresh Fruit Salad Daily Fruit, Juice & Milk	Spicy Chicken Sandwich Hamburger on a bun PB&J Sandwich Garden Salad Daily Fruit, Juice & Milk	Bean & Cheese Burrito Tater Tots Daily Fruit, Juice & Milk	Chicken Patty Sandwich Hamburger on a bun Spicy Chicken Wrap PB&J Sandwich Daily Fruit, Juice & Milk	Variety of Costco Pizza Fresh Fruit Salad Chicken Salad PB&J Sandwich Daily Fruit, Juice & Milk
Monday, May 10	Tuesday, May 11	Wednesday, May 12	Thursday, May 13	Friday, May 14
Chicken Patty Sandwich Hamburger on a bun Fresh Fruit Salad PB&J Sandwich Daily Fruit, Juice & Milk	Cheese or Pepperoni Pizza Cheeseburger on a bun Ham Wrap PB&J Sandwich Daily Fruit, Juice & Milk	Bean & Cheese Burrito Tater Tots Daily Fruit, Juice & Milk	Spicy Chicken Patty Sandwich Hamburger on a bun Garden Salad PB&J Sandwich Daily Fruit, Juice & Milk	Variety of Costco Pizza Fresh Fruit Salad Chicken Salad PB&J Sandwich Daily Fruit, Juice & Milk
Monday, May 17	Tuesday, May 18	Wednesday, May 19	Thursday, May 20	Friday, May 21
Cheeseburger on a bun Spicy Chicken Patty Sandwich Turkey Wrap PB&J Sandwich Daily Fruit, Juice & Milk	Cheese or Pepperoni Pizza Chicken Patty Sandwich Fresh Fruit Salad PB&J Sandwich Daily Fruit, Juice & Milk	Bean & Cheese Burrito Tater Tots Daily Fruit, Juice & Milk	Last Day of School	

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Breakfast Menu

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Choice of Fruit: (may select two); Granny Smith Green Apple, Oranges, Banana, Red Delicious Apple, Baby Carrots, Raisins, Craisins, Apple or Orange Juice (when available)	Choice of Milk: 1% Lowfat Milk FF Chocolate Milk FF Strawberry Milk (when available)			
Monday, May 3	Tuesday, May 4	Wednesday, May 5	Thursday, May 6	Friday, May 7
Assorted WG Cereal Daily Fruit, Juice & Milk	Breakfast Sandwich Daily Fruit, Juice & Milk	Assorted WG Pop Tart or Cereal Daily Fruit, Juice & Milk	Breakfast Burrito Daily Fruit, Juice & Milk	Assorted WG Muffins Daily Fruit, Juice & Milk
Monday, May 10	Tuesday, May 11	Wednesday, May 12	Thursday, May 13	Friday, May 14
WG Chocolate Chip Cookie Daily Fruit, Juice & Milk	Breakfast Sandwich Daily Fruit, Juice & Milk	Assorted WG Pop Tart or Cereal Daily Fruit, Juice & Milk	Breakfast Burrito Daily Fruit, Juice & Milk	Cinnamon Roll Daily Fruit, Juice & Milk
Monday, May 17	Tuesday, May 18	Wednesday, May 19	Thursday, May 20	Friday, May 21
Assorted WG Donuts Daily Fruit, Juice & Milk	Breakfast Sandwich Daily Fruit, Juice & Milk	Assorted WG Pop Tart or Cereal Daily Fruit, Juice & Milk	Last Day of School	

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Blue Bird Eats Menu

Verrado High School

Choice of Fruit: (may select two); Granny Smith Green Apple, Oranges, Banana, Red Delicious Apple, Baby Carrots, Raisins, Craisins, Apple or Orange Juice (when available)				
Choice of Milk: 1% Lowfat Milk FF Chocolate Milk FF Strawberry Milk (when available)				
Monday, May 3	Tuesday, May 4	Wednesday, May 5	Thursday, May 6	Friday, May 7
		Assorted Bkft Muffins Bean & Cheese Burrito Daily Veggie Daily Fruit, Juice & Milk		
Monday, May 10	Tuesday, May 11	Wednesday, May 12	Thursday, May 13	Friday, May 14
		Breakfast Sandwich Chicken Patty Sandwich Daily Veggie Daily Fruit, Juice & Milk		
Monday, May 17	Tuesday, May 18	Wednesday, May 19	Thursday, May 20	Friday, May 21
		Assorted WG Cereal Deep Dish Pizza Daily Veggie Daily Fruit, Juice & Milk	Last Day of School	

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