

# MAY

## THIS MONTH'S THEME: THE POWER OF THE SUN

Did you know every living thing must have a source of energy to live? Energy is what keeps our bodies growing and our brains working. People and animals get their energy from food, like fruits and vegetables. But wait...where do the fruits and vegetables get their energy? The sun!

Unlike people who eat to get their energy, plants make their own energy through a process called photosynthesis. The plants use the power of the sun along with water and air to create glucose, a special sugar. Plants use photosynthesis to grow and produce flowers, fruits, and vegetables. All the nutrients they create show up in the food we eat. All the energy we get from food can be traced back to the sun!



### This week's specialty options

Cantaloupe & Watermelon, 3 oz  
Mini Sweet Peppers, 3 oz

Canary Melon, 2 oz  
Baby Carrots & Sugar Snap Peas, 2 oz

Pink Pineapple, 2 oz  
White Asparagus Spears, 2 oz

Blueberries, 2 oz  
Orange Bell Peppers, 2 oz

	MON	TUE	WED	THU	FRI
	National Strawberry Month  2	 3	4	 5	School Lunch Hero Day  6
	9	10	 11	12	 13
	16	 17	18	 19	20
	23	National Asparagus Day  24	 25	26	 27
	30	31	1	2	3