

# Cafeteria Connection

MAY 2026



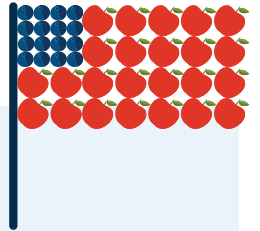
## May 1<sup>st</sup> 2026 - National School Principals' Day

Thank your Principal today and give them **CHEER**. There's a lot of planning, caring, organizing, supporting, inspiring leadership and even some trivial days throughout the school years that our beloved Principals are managing. A Principal is someone who exudes leadership and will help guide the school teammates to victory. So, help celebrate by offering them an apple or thank you card and maybe even help set up a small event with some food and beverages showing thanks and appreciation for their leadership and guidance. Or just asking to lend a helping hand can let the Principal know they are appreciated. A small gesture can go a long way.



## May Holidays

- National Hamburger Month
- National Egg Month
- National Asparagus Month
- National Strawberry Month
- National Salad Month
- National Barbecue Month
- National American Cheese Month
- National Salsa Month
- May 1** National Principal's Day
- May 2** School Lunch Hero Day
- May 4** Orange Juice Day
- May 5** Cinco de Mayo
- May 5** National Teacher's Day
- May 6** National School Nurse Day
- May 10** Mother's Day
- May 13** National Crouton Day
- May 14** National Buttermilk Biscuit Day
- May 16** National Barbecue Day
- May 21** National Eat your Vegetables Day
- May 25** Memorial Day
- May 27** National Grape Day
- May 28** National Hamburger Day



## Dietitians Pick

You can make this recipe by blending blueberries, yogurt, bananas, and water together to get a creamy blueberry smoothie. While the main star of this smoothie is the blueberry which is rich in antioxidants, the bananas are also an important contributor to the nutrients in this smoothie. Bananas are the most popular fresh fruit in the United States. Bananas are a great source of potassium which balances the fluids in your body, is important for normal blood pressure, muscle growth and the functioning of the brain and nervous system. With its delicious taste and nutritional benefits, this smoothie is a refreshing choice for anyone seeking a flavorful and nourishing addition to their diet.



## The 3<sup>rd</sup> Friday of May Each Year - National Bike to School Day!

Whether student, faculty or staff; celebrate a healthier lifestyle and a smaller carbon footprint by bicycling to school on National Bike to School Day. Since the 1800s bikes have been around and started in Europe. There were even many different sizes and styles back then. The bicycle craze in America began in 1878 on the east coast. Bicycle makers Pickering and Davis published the world's first cycling newspaper in New York city. Many of the states have taken part in bike to school events since the day was first declared on May 9th, 2012. In 1885, John Kemp Starley designed the first bicycle with two of the same sized tires and safety brakes to be used with your feet instead of jumping off the moving bicycle.



**DID YOU KNOW?** In 1803 the great bicycle race called The Tour de France began annually and was the biggest test of endurance out of all other sports at the time with as many as 22/8 person teams racing. Try bicycling in with a friend, stay safe and healthy and hydrated this time of year as well!

## Florida Blueberry Smoothie



### INGREDIENTS:

- 1 cup Florida Blueberries
- 1/2 Banana
- 1 teaspoon Lemon Juice
- 1 cup Liquid (Water, Juice, Milk, or Dairy-Free Milk)
- 1/2 cup Low-Fat Vanilla or Plain Yogurt
- Several Ice Cubes

### INSTRUCTIONS:

Place all ingredients in a blender and blend until smooth. Serve immediately.

### FRESH TIP:

Fruits and vegetables can be prepared in advance and frozen in individual freezer-safe bags. Skip the ice cubes when using frozen ingredients. *Enjoy!*