

Menus for May 2024



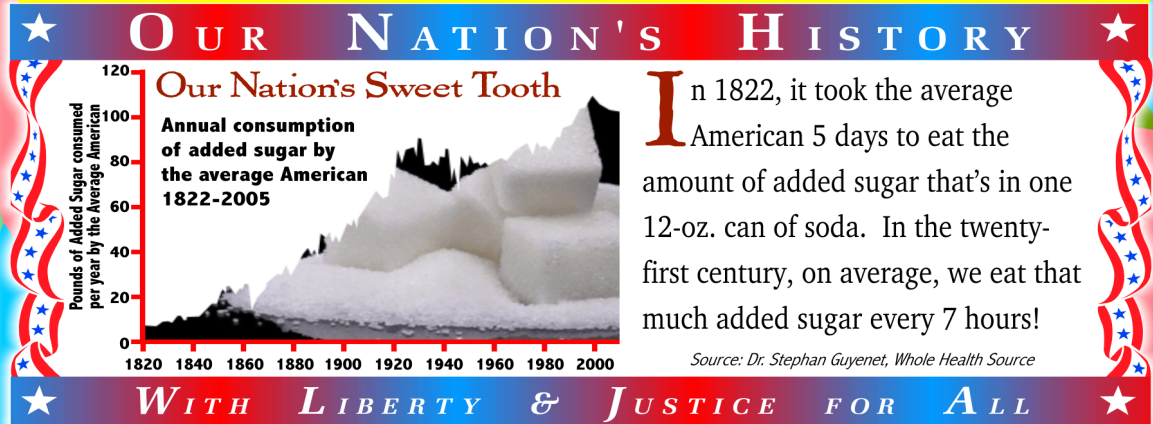
BLAIRSVILLE & SALTSBURG ELEMENTARY

Menus are subject to change.

Summer Food Program June

Mon & Wed June 3rd– June 26

Grab & Go Brk & Lunch Meals RVHS 11:00 AM—11:45 AM



Need Extra Spending Money?
Work a few hours with us subbing or to perm while your kids are in school
Call the food service office for details
(724) 343-8417

Wednesday, May 1

Breakfast

Pumpkin Bread Slice
 Choice of Fruit & or Fruit Juice Milk Choice

Lunch

Rotini w Meat Sauce & Garlic Bread Stick
 Boneless Wing Boat w Garlic Bread Stick
 Garden Salad w Lite Dressing
 Fresh Broccoli Florets

Thursday, May 2

Breakfast

Banana C.C. Benefit Bar
 Choice of Fruit & or Fruit Juice Milk

Lunch

Mandarin Orange
 Chicken Over Rice
 W.G. Dinner Roll
 Wow Butter Jammer w Cheese Stick & Crackers
 Steamed Broccoli
 Fresh Red Pepper Strips

Friday, May 3

Breakfast

Belgian Maple Waffle
 Choice of Fruit & or Fruit Juice Milk Choice

Lunch

Personal Pizza
 Crispy Fish Sticks
 Garden Salad w Lite Dressing
 Tender Green Beans

ADDITION BY SUBTRACTION.

Perhaps the single best way to ADD to your good health is to SUBTRACT one item from your diet: ADDED SUGAR. Nutritionists recommend that we get no more than 5-10% of daily calories from added sugar -- about 25-50 grams per day (6-12 teaspoons). Sound like a lot? A single 12-oz. soda contains 40 grams. That's like eating 10 sugar packs!



And you'll also find added sugar in lots of places you might not expect -- ketchup, BBQ sauce, bread, cereal (even those marketed as "healthy"), vitamin water, protein and granola bars, sports drinks -- even spaghetti sauce. Added sugar is required to be listed separately on nutrition labels. So get in the habit of checking that out! And choose whole, natural, unprocessed food when you can.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Monday, May 6

Breakfast

Super Bakery Blueberry Munchkins
 Choice of Fruit & or Fruit Juice Milk Choice

Lunch

Rodeo burger or Hamburger
 W.G. Corn Dog
 Homemade Baked Beans
 Baby Whole Peeled Carrots

Tuesday, May 7

Breakfast

Orange Dream Mini Loaf
 Choice of Fruit & or Fruit Juice Milk Choice

Lunch

Creamy Macaroni & Cheese
 w W.G. Dinner Roll
 Juicy Chicken Patty
 Seasoned Mixed Vegetables
 Sliced Beets

Wednesday, May 8

Breakfast

Sky B. Coffee Cake
 Choice of Fruit & or Fruit Juice Milk

Lunch

Hot Italian Hoagie w Dressing & Pickle
 Boneless Wing Boat w Garlic Bread Stick
 Golden Kernal Corn
 Fresh Celery Sticks

Thursday, May 9

Breakfast

Super Bakery Pull Apart Daisey
 Choice of Fruit & or Fruit Juice Milk Choice

Lunch

Sloppy Joe on Bun
 Wow Butter Jammer w Cheese Stick & Crackers
 Tender Green Beans
 Fresh Celery Sticks

Friday, May 10

Breakfast

Strawberry Cream Cheese Bagel Stick
 Choice of Fruit & or Fruit Juice Milk Choice

Lunch

French Bread Pizza
 Crispy Fish Sticks
 Garden Salad w Lite Dressing
 Fresh Grape Tomatoes & Cucumbers

*ASSORTED CEREAL, WHOLE GRAIN CRACKERS & FRUIT CHOICE AVAILABLE DAILY AS A BREAKFAST ALTERNATE *

Monday, May 13

Breakfast

Super Bakery
Dunkin Sticks
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch

Crispy Chicken Nuggets
w Dipping Sauce
W.G Dinner Roll
W.G. Corn Dog
Homemade Baked
Beans
Three Bean Salad

Tuesday, May 14

Breakfast

Dinner Roll &
Cheese Stick
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch

French Toast Slices w
Warm Syrup & Ember
Farms Sausage Link
Juicy Chicken Patty
Baked Hash Browns
Baby Whole Peeled
Carrots

Wednesday, May 15

Breakfast

Plain Yogurt w Granola
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch

Walking Taco w Cheese
Lettuce Salsa Sour
Cream w W.G.
Dinner Roll
Refried Beans
Boneless Wing Boat
w Garlic Bread Stick
Fresh Celery Sticks

Thursday, May 16

Breakfast

French Toast Benefit Bar
Choice of Fruit or
Fruit Juice &
Milk Choice

Lunch

Popcorn Chicken Mashed
Potato Cheese & Gravy
Bowl W.G. Dinner Roll
Wow Butter Jammer
Cheese Stick & Crackers
Golden Kernel Corn
Whole Peeled Baby
Carrots

Friday, May 17

Breakfast

Cocoa Bread Slice
Choice of Fruit & or Fruit
Juice Milk Choice

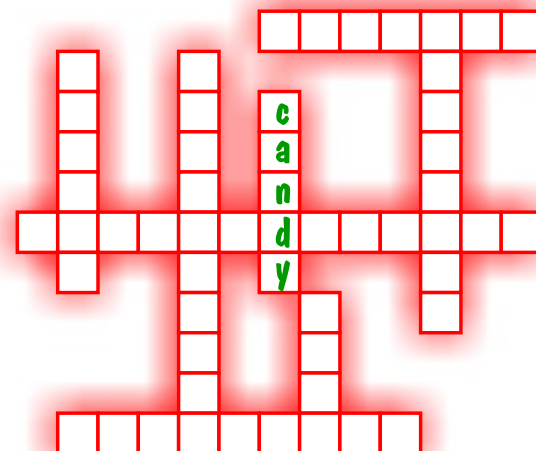
Lunch

Max 4X6 Pizza
Crispy Fish Sticks
Garden Salad w Lite
Dressing
Baby Whole Peeled
Carrots



Sugar adds up!

On average, we should eat fewer than 12 teaspoons (about 50g) of added sugar a day. Six teaspoons or fewer is even better. The puzzle below can help you see if you're eating too much sugar for your own good -- but remember to check the nutrition labels, because added sugar (in many different disguises!) is contained in a lot of processed foods that we don't even think of as sweet!



Fit the names of the added sugar sources into the crossword puzzle.

Soda 10 teaspoons added sugar
Milk Shake 25 teaspoons
Candy (1 package) 5-10 teaspoons
Fruit Drink 4-8 teaspoons

Ice Cream 10 teaspoons
Cookies 2-8 teaspoons
Frosted Cereal 3 teaspoons
Pastry 3-12 teaspoons

These figures are averages and are for added sugar only -- some sugar occurs naturally in unprocessed foods like whole fruits and vegetables.

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, May 20

Breakfast

Banana Bread Slice
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch

Rib Bar Bee Que
Sandwich w BBQ Sauce
W.G. Corn Dogs
Homemade Baked
Beans
Tender Green Beans

Tuesday, May 21

Breakfast

W.G. Cherry Muffin
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch

Chicken & Biscuit
w Gravy
Juicy Chicken Patty
Fluffy Whipped Potatoes
Fresh Broccoli Florets

Wednesday, May 22

Breakfast

Mini French Toast
Squares
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch

Rigatoni W Meat Sauce
& Garlic Bread Stick
Boneless Wing Boat
w Garlic Bread Stick
Garden Salad w Lite
Dressing
Three Bean Salad

Thursday, May 23

Breakfast

Celebration Benefit Bar
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch

Chicken Tenders Basket
w Garlic Bread Stick
& Ranch
Wow Butter Jammer w
Cheese Stick &
Crackers
Glazed Carrots
Fresh Broccoli Florets

Friday, May 24

Breakfast

Assorted Breakfast
Entree's
Choice of Fruit & or
Fruit Juice Milk Choice

Lunch

Assorted Pizza

Manager's Choice

Monday, May 27



Tuesday, May 28

Breakfast

Toaster Pastry
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch

Manager's Choice

Wednesday, May 29

**HALF DAY
BREAKFAST
AVAILABLE**

Breakfast

Assorted
Breakfast Entrée's
Choice of Fruit &
or Fruit Juice Milk
Choice

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Friday, May 31



*FRUIT CHOICE AND MILK CHOICE AVAILABLE EVERY DAY WITH LUNCH *