

May 2024 Big A



This institution is an equal opportunity provider.

# Have a GREAT SUMMER!

Thanks for allowing us to serve you this school year. We look forward to seeing you in August! Happy Summer!



Wednesday, May 1

**Breakfast**

Mini Cinnis

**Lunch**

Rotini Pasta w/ Meat sauce  
Breadstick  
Peas & Carrots  
Fruit

Thursday, May 2

**Breakfast**

Mini Waffle

**Lunch**

Chicken Nuggets  
Dinner Roll  
Mashed Potatoes  
Green Beans  
Fruit

Friday, May 3

**Breakfast**

Egg & Cheese Biscuit

**Lunch**

Pizza  
Garden Salad  
Corn  
Fruit

Monday, May 6

**Breakfast**

Breakfast Strudel

**Lunch**

Cheeseburger  
Baked Beans  
French Fries  
Fruit

Tuesday, May 7

**Breakfast**

Sausage Biscuit

**Lunch**

Quesadilla w/ Salsa & Cheese  
Refried Beans  
Corn  
Fruit

Wednesday, May 8

**Breakfast**

Breakfast Bun

**Lunch**

Spaghetti/w Meat Sauce  
Garlic Bread  
Mixed Vegetables  
Fruit

Thursday, May 9

**Breakfast**

Pancake Pup

**Lunch**

Chicken Sandwich  
Potato Wedges  
Veggie Dippers  
Fruit

Friday, May 10

**Breakfast**

Chicken Biscuit

**Lunch**

Pizza Stix w/ Marinara  
Garden Salad  
Corn  
Fruit

Students:  
Breakfast-No Charge  
Lunch-No Charge

Daily Options:

(Kindergarten)

Protein Power Pack with Yogurt, String Cheese, Grain, & Fruit/Veggie

All meals include milk choice:

Fat Free Flavored, Skim, and 1% milk

Harvest of the Month  
Blueberries



Market conditions, delivery, and availability of food may require changes in menu.

Monday, May 13

**Breakfast**

Breakfast  
Pullapart Bun

**Lunch**

BBQ Sandwich  
Baked Beans  
Tator Tots  
Applesauce

Tuesday, May 14

**Breakfast**

Sausage  
Biscuit

**Lunch**

Walking Taco  
w/Salsa, Lettuce,  
Cheese  
Refried Beans  
Fruit

Wednesday, May 15

**Breakfast**

Muffin

**Lunch**

Fish Sticks  
Mac N Cheese  
Hushpuppies  
Black Eyed Peas  
Fruit

Thursday, May 16

**Breakfast**

Fruit Smoothie  
w/Cracker

**Lunch**

Chicken Drumstick  
Mashed Potatoes  
Dinner Roll  
Broccoli  
Fruit

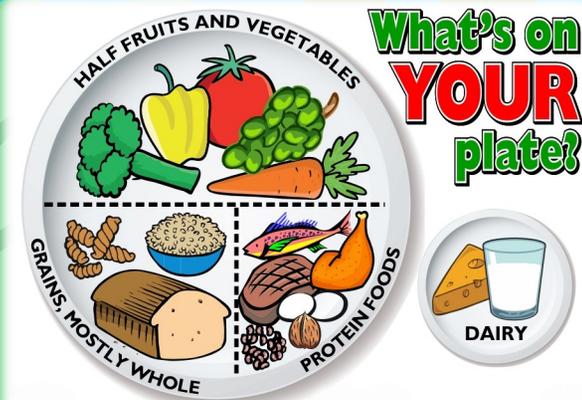
Friday, May 17

**Breakfast**

Steak  
Biscuit

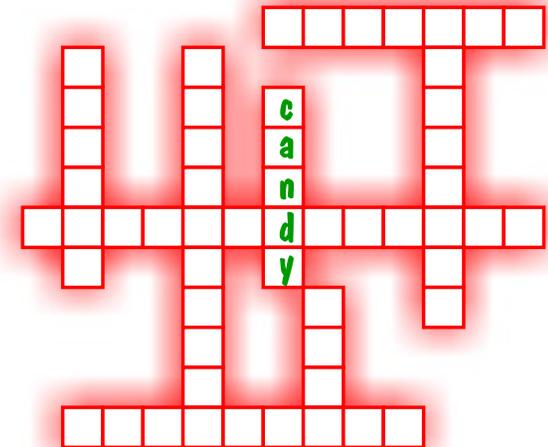
**Lunch**

Pizza  
Garden Salad  
Corn  
Fruit



# 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](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

Monday, May 20

**Breakfast**

Toaster  
Pastry

**Lunch**

Mini Corn  
Dogs  
Baked Beans  
Potato Smiles  
Fruit

Tuesday, May 21

**Breakfast**

Sausage  
Biscuit

**Lunch**

Country Fried  
Steak Fingers  
Mashed Potatoes  
Pinto Beans  
Fruit

Wednesday, May 22

**Breakfast**

Manager  
Choice

**Lunch**

Manager  
Choice

Thursday, May 23

**Breakfast**

Manager  
Choice

**Lunch**

Manager  
Choice

Friday, May 24

**Breakfast**

Manager  
Choice

**Lunch**

Sack Lunches  
Sandwich  
Veggie Dippers  
Baked Chips  
Fruit

**Early Release Day  
SCHS Graduation**

Monday, May 27



Tuesday, May 28

Wednesday, May 28

Thursday, May 30



Friday, May 31