

# 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!

MOTHER'S DAY  
MAY 12



**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

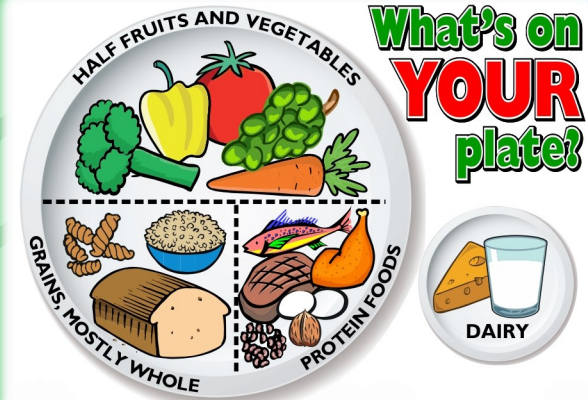
**Friday, May 17**

**Breakfast**

Steak  
Biscuit

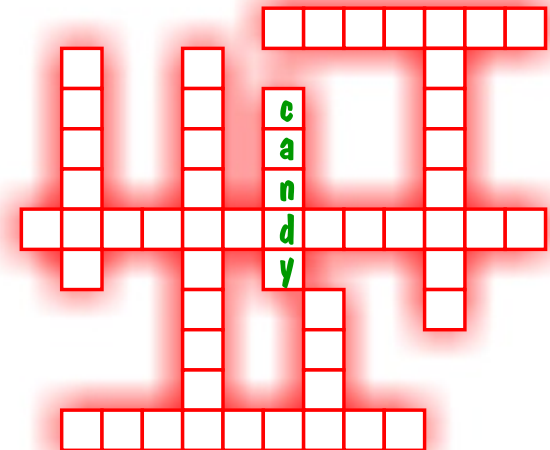
**Lunch**

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.**

|   |                                   |
|---|-----------------------------------|
| <b>Soda</b> 10 teaspoons added sugar    | <b>Ice Cream</b> 10 teaspoons     |
| <b>Milk Shake</b> 25 teaspoons          | <b>Cookies</b> 2-8 teaspoons      |
| <b>Candy</b> (1 package) 5-10 teaspoons | <b>Frosted Cereal</b> 3 teaspoons |
| <b>Fruit Drink</b> 4-8 teaspoons        | <b>Pastry</b> 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**