

# May 2024 Toccoa



This institution is an equal opportunity provider. Menus are subject to change.

## 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**

Breakfast  
Pizza

#### **Lunch**

Rotini Pasta  
w/ Meat sauce  
Breadstick  
Peas & Carrots  
Fruit

**Thursday, May 2**

#### **Breakfast**

Pancake  
Pup

#### **Lunch**

Chicken Nuggets  
Dinner Roll  
Au Gratin Potatoes  
Green Beans  
Fruit

**Friday, May 3**

#### **Breakfast**

Egg & Cheese  
Biscuit

#### **Lunch**

Pizza  
Garden Salad  
Corn  
Fruit

**Monday, May 6**

#### **Breakfast**

Breakfast  
Strudel

#### **Lunch**

Mini Corn  
Dogs  
Baked Beans  
Potato Smiles  
Fruit

**Tuesday, May 7**

#### **Breakfast**

Sausage  
Biscuit

#### **Lunch**

Quesadilla w/  
Salsa & Cheese  
Refried Beans  
Corn  
Fruit

**Wednesday, May 8**

#### **Breakfast**

Muffin

#### **Lunch**

Chicken Sandwich  
Local Veggies  
Local Fruit  
Baked Chips  
Treat  
Farm Day

**Thursday, May 9**

#### **Breakfast**

Breakfast  
Donut

#### **Lunch**

Country Fried  
Steak  
Mashed Potatoes  
Broccoli  
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:**  
PBJ Sandwich,  
String Cheese &  
Daily Fruit/Veggie Choices  
or  
Protein Power Pack  
with Yogurt,  
String Cheese,  
Grain, & Daily  
Fruit/Veggie Choices

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**

Breakfast  
Bun

**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

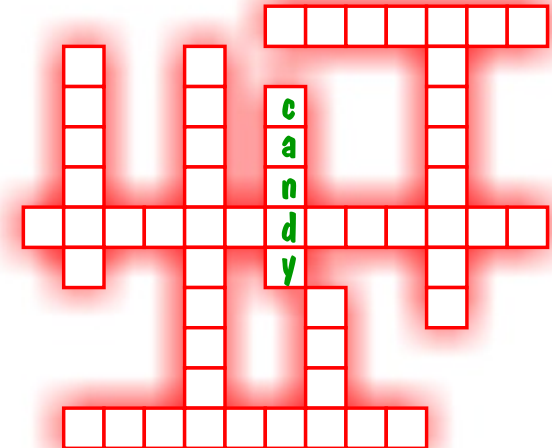
**Lunch**

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**

Spaghetti/w Meat  
Sauce  
Garlic Bread  
Glazed Carrots  
Fruit

**Tuesday, May 21**

**Breakfast**

Sausage  
Biscuit

**Lunch**

Rib B Que  
Sandwich  
Veggie Dippers  
Baked Chips  
Fruit

**Wednesday, May 22**

**Breakfast**

Manager  
Choice

**Lunch**

Cheeseburger  
Baked Beans  
Pasta Salad  
Fruit

**Thursday, May 23**

**Breakfast**

Manager  
Choice

**Lunch**

Ham & Cheese  
Sandwich  
Veggie Dippers  
Cheez Its  
Fruit

**Friday, May 24**

**Breakfast**

Manager  
Choice

**Lunch**

Sack Lunch  
Sandwich  
Veggie Dippers  
Baked Chips  
Fruit

**Monday, May 27**



**Tuesday, May 28**

**Wednesday, May 28**

**Thursday, May 30**



**Friday, May 31**