

May 2024 SCHS



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

Lunch

Cheeseburger or
Mini Corn Dogs
Baked Beans
Tator Tots
Veggie Dippers
Fruit

Thursday, May 2

Lunch

Chicken Strip
Basket
w/Gravy & Biscuit
Peas
Mashed Potatoes
Fruit

Friday, May 3

Lunch

Chicken Sandwich
or
Pizza Variety
Garden Salad
Corn
Fruit

Daily Options:

PBJ Sandwich,
String Cheese
Daily Fruit/Veggie Choices
or
Protein Power Pack
with Yogurt,
String Cheese,
Grain, & Daily
Fruit/Veggie Choices
or
Chef Salad w/Protein, 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 6

Lunch

BBQ or Chicken
Sandwich
Lettuce, Tomato,
Pickles
French Fries
Baked Beans
Coleslaw
Fruit

Tuesday, May 7

Lunch

Beef Nachos w/
Scoops
Chips & Queso
Spanish Rice
Black Beans
Fruit

Wednesday, May 8

Lunch

Brunch
for
Lunch

Thursday, May 9

Lunch

Country Fried
Steak w/Gravy
Biscuit
Mashed Potatoes
English Peas
Fruit

Friday, May 10

Lunch

Chicken Sandwich
or
Pizza Variety
Garden Salad
Corn
Fruit

Monday, May 13

Lunch

Chicken Sandwich
Or Sub Your Way
Lettuce/Tomato
Pickles
Veggie Dippers
Baked Chips
Fruit

Tuesday, May 14

Lunch

Cowboy Nachos
w/Salsa, Lettuce,
Cheese
Refried Beans
Fruit

Wednesday, May 15

Lunch

Cheeseburger or
Hot Dogs
Baked Beans
Tator Tots
Veggie Dippers
Fruit

Thursday, May 16

Lunch

General Tso's
Chicken w/Rice
Spring Roll
Broccoli
Fruit

Friday, May 17

Lunch

Chicken Sandwich
or
Pizza Variety
Garden Salad
Corn
Fruit

Monday, May 20

Lunch

Spaghetti/w Meat
Sauce
or
Chicken Sandwich
Garlic Knot
Glazed Carrots
Fruit

Tuesday, May 21

Lunch

Buffalo Chicken
Dip w/Scoops
Veggie Dippers
French Fries
Fruit

Wednesday, May 22

Lunch

Manager
Choice

Thursday, May 23

Lunch

Manager
Choice

Friday, May 24

Lunch

Sack Lunch
Sandwich
Veggie Dippers
Baked Chips
Fruit
Treat

**Early Release Day
SCHS Graduation**

Monday, May 27



Tuesday, May 28

Wednesday, May 28

Thursday, May 30

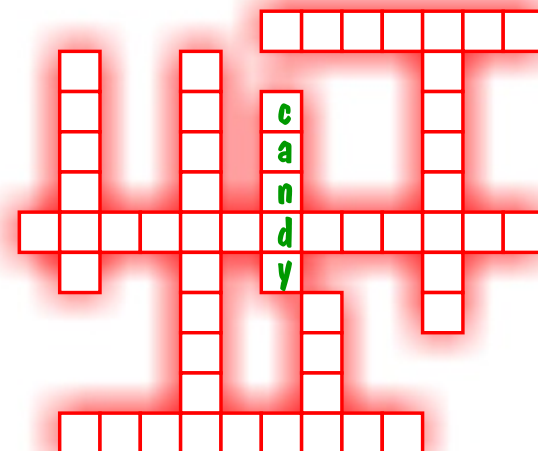


Friday, May 31



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	Ice Cream 10 teaspoons
Milk Shake 25 teaspoons	Cookies 2-8 teaspoons
Candy (1 package) 5-10 teaspoons	Frosted Cereal 3 teaspoons
Fruit Drink 4-8 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