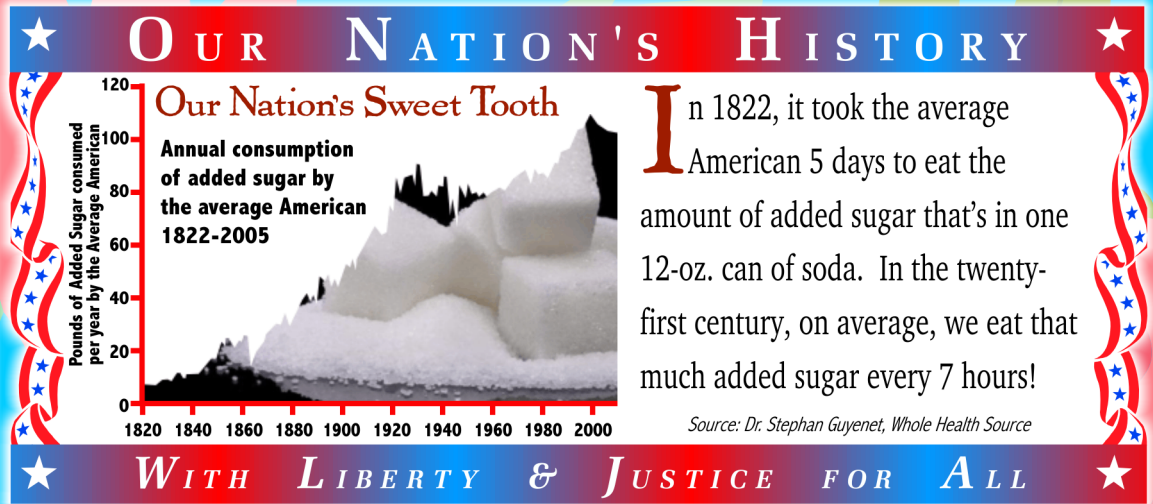


# Menus for May 2024



## St. Mary Parish School District

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



In 1822, it took the average American 5 days to eat the amount of added sugar that's in one 12-oz. can of soda. In the twenty-first century, on average, we eat that much added sugar every 7 hours!

### Wednesday, May 1

#### Breakfast

Cereal  
Peaches  
Juice  
Milk

#### Lunch

Spaghetti with Meatballs  
Green Beans  
California Blend  
Peaches  
Garlic Breadstick  
Milk

### Thursday, May 2

#### Breakfast

Sausage Biscuit  
Mixed Fruit  
Juice  
Milk

#### Lunch

Baked Chicken  
Spanish Rice  
Corn  
Carrot Sticks  
Watermelon  
Roll  
Milk

### Friday, May 3

#### Breakfast

Blueberry Muffin  
Banana  
Juice  
Milk

#### Lunch

Hamburger  
Lettuce/Pickle/Tomato  
Fries  
Apple  
Milk

## 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.

### Monday, May 6

#### Breakfast

French Toast Sticks  
Sausage Patty  
Pears  
Juice  
Milk

#### Lunch

Chicken Nuggets  
Carrot Sticks  
Baked Beans  
Peaches  
Roll  
Milk

### Tuesday, May 7

#### Breakfast

Mini Maple Pancake Bites  
Peaches  
Juice  
Milk

#### Lunch

Hard Beef Tacos  
Taco Salad Cup  
Cheese Cup  
Corn  
Pears  
Milk

### Wednesday, May 8

#### Breakfast

Cereal  
Pineapple Tidbits  
Juice  
Milk

#### Lunch

Hamburger Steak with Gravy  
Loaded Mashed Potatoes  
Green Beans  
Applesauce  
Roll  
Milk

### Thursday, May 9

#### Breakfast

Cinnamon Roll  
Applesauce  
Juice  
Milk

#### Lunch

Pepperoni Pizza  
Corn  
Broccoli  
Cantaloupe  
Milk

### Friday, May 10

#### Breakfast

Sausage Biscuit  
Fruit Cocktail  
Juice  
Milk

#### Lunch

Cheeseburger  
Lettuce/Tomato  
Fries  
Orange  
Milk

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

Monday, May 13

Breakfast  
Manager's Choice

Lunch  
Manager's Choice

Tuesday, May 14

Breakfast  
Manager's Choice

Lunch  
Manager's Choice

Wednesday, May 15

Breakfast  
Manager's Choice

Lunch  
Manager's Choice

Thursday, May 16

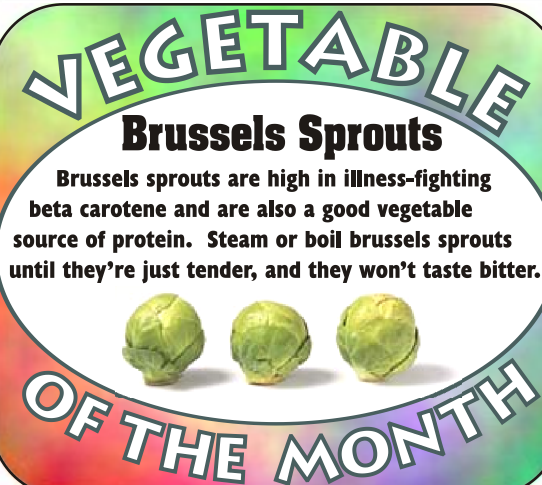
Breakfast  
Manager's Choice

Lunch  
Manager's Choice

Friday, May 17

Breakfast  
Manager's Choice

Lunch  
Manager's Choice



Monday, May 20

Breakfast  
Manager's Choice

Lunch  
Manager's Choice

Tuesday, May 21

Breakfast  
Manager's Choice

Lunch  
Manager's Choice

Wednesday, May 22

Breakfast  
Manager's Choice

Lunch  
Manager's Choice

## Word of the Month

# em·pa·thy

*noun* 1. the ability to understand someone else's feelings 2. awareness of and sensitivity to another's thoughts and experiences

## NUTRITION TO GO

Pizza and fries – that has to be a junk food meal, right? **WRONG!** Kids love the taste of our pizza and fries, sure. But those items are also formulated to be healthier than you might assume, especially when they are part of a complete, nutritious meal like the meals we serve every day!

**A QUICK BITE FOR PARENTS**



# Smile.

It's summertime.  
We'll see you next year. Enjoy!