

Menus for May 2024



St. Mary Parish School District

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

★ OUR NATION'S HISTORY ★

Our Nation's Sweet Tooth

Annual consumption of added sugar by the average American 1822-2005

Source: Dr. Stephan Guyenet, Whole Health Source

★ WITH LIBERTY & JUSTICE FOR ALL ★

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
 Juice
 Milk

Thursday, May 2

Breakfast
 Sausage Biscuit
 Mixed Fruit
 Juice
 Milk

Lunch
 Baked Chicken
 Spanish Rice
 Corn
 Carrot Sticks
 Watermelon
 Roll
 Juice
 Milk

Friday, May 3

Breakfast
 Blueberry Muffin
 Banana
 Juice
 Milk

Lunch
 Hamburger
 Lettuce/Pickle/Tomato
 Fries
 Apple
 Juice
 Milk

Monday, May 6

Breakfast
 French Toast Sticks
 Sausage Patty
 Pears
 Juice
 Milk

Lunch
 Honey Sriracha Boneless Wings
 Carrot Sticks
 Baked Beans
 Peaches
 Roll
 Juice
 Milk

Tuesday, May 7

Breakfast
 Mini Maple Pancake Bites
 Peaches
 Juice
 Milk

Lunch
 Hard Beef Tacos
 Taco Salad Cup
 Cheese Cup
 Corn
 Pears
 Juice
 Milk

Wednesday, May 8

Breakfast
 Cereal
 Pineapple Tidbits
 Juice
 Milk

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

Thursday, May 9

Breakfast
 Cinnamon Roll
 Applesauce
 Juice
 Milk

Lunch
 Pepperoni Pizza
 Corn
 Broccoli
 Cantaloupe
 Juice
 Milk


Friday, May 10

Breakfast
 Sausage Biscuit
 Fruit Cocktail
 Juice
 Milk

Lunch
 Cheeseburger
 Lettuce/Tomato
 Fries
 Orange
 Juice
 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.

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

VEGETABLE

Brussels Sprouts

Brussels sprouts are high in illness-fighting beta carotene and are also a good vegetable source of protein. Steam or boil brussels sprouts until they're just tender, and they won't taste bitter.



OF THE MONTH

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!