

This institution is an equal opportunity provider. Menus are subject to change. Wednesday, May I

# Happy Mother's Dau Sunday, Mau 12

### Monday, May 6

#### **Breakfast**

French Toast Sticks Sausage Patty Pears luice

#### Milk Lunch

Honey Sriracha Boneless Wings Carrot Sticks Baked Beans Peaches Roll luice Milk

#### Tuesday, May 7

#### **Breakfast**

Mini Maple Pancake Bites **Peaches** luice Milk

#### Lunch

Hard Beef Tacos Taco Salad Cup Cheese Cup Corn **Pears** Roll luice luice Milk

### Wednesday, May 8

**Breakfast** 

Cereal

Peaches

luice

Milk

Lunch

Spaghetti with Meatballs

Green Beans

California Blend

Peaches

Garlic Breadstick

luice

Milk

#### Breakfast

Cereal **Pineapple Tidbits** luice Milk

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

### NATION'S Our Nation's Sweet Tooth



n 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 twentyfirst century, on average, we eat that much added sugar every 7 hours!

HISTORY

Source: Dr. Stephan Guyenet, Whole Health Source

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#### USTICE

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#### Thursday, May 2

#### **Breakfast**

Sausage Biscuit Mixed Fruit luice Milk

#### Lunch

Baked Chicken Spanish Rice Corn **Carrot Sticks** Watermelon Roll luice Milk

Thursday, May 9

**Breakfast** 

Cinnamon Roll

**Applesauce** 

luice

Milk

Lunch

Pepperoni Pizza

Corn

Broccoli

Cantaloupe

luice Milk

#### Friday, May 3

#### **Breakfast**

Blueberry Muffin Banana luice Milk

#### Lunch

Hamburger Lettuce/Pickle/Tomato Fries Apple luice Milk

#### Friday, May 10

#### **Breakfast**

Sausage Biscuit Fruit Cocktail luice Milk Lunch Cheeseburger

Lettuce/Tomato Fries **Orange** luice 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** 

Lunch

Manager's Choice

Manager's Choice

**Breakfast** Manager's Choice

Wednesday, May 15

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 EGETAB **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.



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

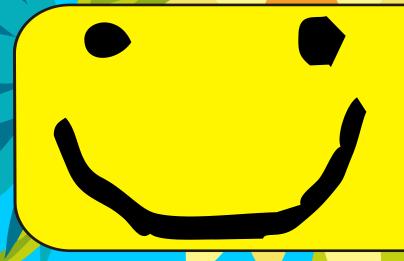
Lunch Manager's Choice Word of the Month em·pa·thy

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

NUTRITION 7050

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



It's summertime.

We'll see you next year. Enjoy!