

Menus for May 2024



Florence School District 5 and PDCAP Headstart

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

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!

★ WITH LIBERTY & JUSTICE FOR ALL ★



MOTHER'S DAY
MAY 12

Wednesday, May 1

Breakfast
Sausage Biscuit
Fruit, Juice, & Milk Choice

Lunch
Salad
Or
Chicken Filet Sandwich
Lettuce / Tomato / Mayo
Waffle Fries
Fruit & Milk Choice

Thursday, May 2

Breakfast
French Toast Sticks
Fruit, Juice, & Milk Choice

Lunch
Salad
Or
Steak & Gravy
Mashed Potatoes
Broccoli w/ Cheese
Carrots, Roll
Fruit & Milk Choice

Friday, May 3

Breakfast
Cereal Bar or Cereal
Fruit, Juice, & Milk Choice

Lunch
Salad
Or
Corn Dog
Smile Potatoes
Beans
Fruit & Milk Choice

Monday, May 6

Breakfast
Breakfast Pizza,
Fruit, Juice, & Milk Choice

Lunch
Salad
Or
Chicken Nuggets
Mac & Cheese
Green Beans
Carrots w/ Ranch
Fruit & Milk Choice

Tuesday, May 7

Breakfast
Pancake Pup
Fruit, Juice, & Milk Choice

Lunch
Salad
Or
Hamburger
Lettuce / Tomato,
French Fries,
Fruit & Milk Choice

Wednesday, May 8

Breakfast
Smoked Sausage Wrap
Fruit, Juice, & Milk Choice

Lunch
Salad
Or
Turkey & Cheese Croissant
Beans, Chips
Lettuce / Tomato / Mayo
Fruit & Milk Choice

Thursday, May 9

Breakfast
Pop Tart and Yogurt
Fruit, Juice, & Milk Choice

Lunch
Salad
Or
Sausage Biscuit
Tomato Slices
Cheese Grits
Fruit & Milk Choice
Vegetable Juice

Friday, May 10

Breakfast
Cereal Bar or Cereal
Fruit, Juice, & Milk Choice

Lunch
Salad
Or
Shepherd's Pie
Mashed Potatoes
Mix Vegetables
Roll
Fruit & Milk Choice

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

Mini Pancakes
Fruit, Juice, & Milk Choice

Lunch

Salad
Or
Spaghetti and Meat Sauce
Corn
Salad w/ Ranch
Roll
Fruit & Milk Choice

Tuesday, May 14

Breakfast

Breakfast Pizza,
Fruit, Juice, & Milk Choice

Lunch

Salad
Or
BBQ Pork on Bun
Beans
Cole Slaw
Fruit & Milk Choice

Wednesday, May 15

Breakfast

Pop Tart and Yogurt
Fruit, Juice, & Milk Choice

Lunch

Salad
Or
Chicken Patty
Mashed Potatoes
Broccoli w Cheese
Roll
Fruit & Milk Choice

Thursday, May 16

Breakfast

Mini Waffles,
Fruit, Juice, & Milk Choice

Lunch

Salad
Or
Chicken Nuggets
Green Beans
Yams, Roll
Fruit & Milk Choice

Friday, May 17

Breakfast

Cereal Bar or Cereal
Fruit, Juice, & Milk Choice

Lunch

Salad
Or
Hot Dog
Smile Fries
Beans
Fruit & Milk Choice

Monday, May 20

Breakfast

Blueberry Muffin
Fruit, Juice, & Milk Choice

Lunch

Salad
Or
Chicken Filet Sandwich
Lettuce / Tomato / Mayo
Waffle Fries
Fruit & Milk Choice

Tuesday, May 21

Breakfast

Cereal Bar or Cereal
Fruit, Juice, & Milk Choice

Lunch

Salad
Or
Pizza
Corn
Salad w/ Ranch
Fruit & Milk Choice

Wednesday, May 22

Breakfast

Cereal Bar or Cereal
Fruit, Juice, & Milk Choice

Lunch

Corn Dog
Carrots w Ranch
Vegetable Juice
Fruit & Milk Choice

Thursday, May 23

Breakfast

Cereal Bar or Cereal
Fruit, Juice, & Milk Choice

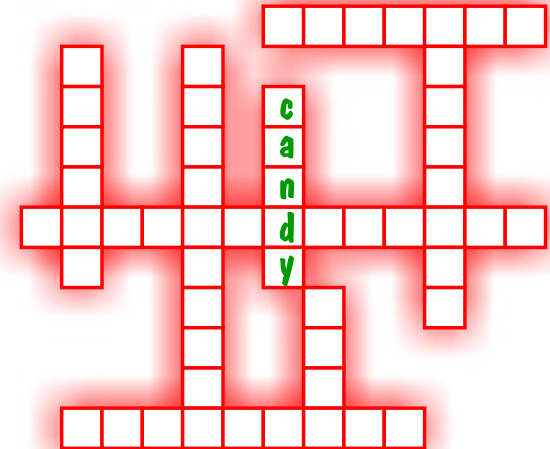
Lunch

Grilled Cheese Sandwich
Carrots w Ranch
Vegetable Juice
Fruit & Milk Choice



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