

# 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 ★



**Wednesday, May 1**

**Breakfast**  
Sausage Biscuit  
Fruit, Juice, & Milk Choice

**Lunch**  
Salad or Pizza  
Or  
Chicken Filet Sandwich  
Lettuce / Tomato / Mayo  
Waffle Fries  
Salad w/ Ranch  
Fruit & Milk Choice

**Thursday, May 2**

**Breakfast**  
French Toast Sticks  
Fruit, Juice, & Milk Choice

**Lunch**  
Salad or Pizza  
Or  
Steak & Gravy  
Mashed Potatoes  
Broccoli, Black Eyed Peas  
Roll  
Fruit & Milk Choice

**Friday, May 3**

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

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

**Monday, May 6**

**Breakfast**  
Breakfast Pizza,  
Fruit, Juice, & Milk Choice

**Lunch**  
Salad or Pizza  
Or  
Chicken Nuggets  
Mac & Cheese  
Green Beans, Yams  
Salad w/ Ranch  
Fruit & Milk Choice

**Tuesday, May 7**

**Breakfast**  
Pancake Pup  
Fruit, Juice, & Milk Choice

**Lunch**  
Salad or Pizza  
Or  
Hamburger  
Lettuce / Tomato,  
French Fries, Beans  
Fruit & Milk Choice

**Wednesday, May 8**

**Breakfast**  
Smoked Sausage Wrap  
Fruit, Juice, & Milk Choice

**Lunch**  
Salad or Pizza  
Or  
Turkey & Cheese Croissant  
Carrots w Ranch, Chips  
Lettuce / Tomato / Mayo  
Fruit & Milk Choice

**Thursday, May 9**

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

**Lunch**  
Salad or Pizza  
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 Pizza  
Or  
Shepherd's Pie  
Mashed Potatoes  
Mix Vegetables  
Broccoli, 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 Pizza  
Or  
Grilled Cheese Sandwich  
Corn, Salad w/ Ranch  
Carrots w/ Ranch  
Cucumber Slices  
Fruit & Milk Choice

Tuesday, May 14

**Breakfast**

Breakfast Pizza,  
Fruit, Juice, & Milk Choice

**Lunch**

Salad or Pizza  
Or  
BBQ Pork on Bun  
Beans, Baby Carrots  
Cole Slaw  
Fruit & Milk Choice

Wednesday, May 15

**Breakfast**

Pop Tart and Yogurt  
Fruit, Juice, & Milk Choice

**Lunch**

Salad or Pizza  
Or  
Chicken Patty  
Mashed Potatoes  
Broccoli w Cheese  
Salad w/ Ranch, Roll  
Fruit & Milk Choice

Thursday, May 16

**Breakfast**

Mini Waffles,  
Fruit, Juice, & Milk Choice

**Lunch**

Salad or Pizza  
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 Pizza  
Or  
Hot Dog  
Smile Fries  
Beans  
Fruit & Milk Choice

Monday, May 20

**Breakfast**

Blueberry Muffin  
Fruit, Juice, & Milk Choice

**Lunch**

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

Tuesday, May 21

**Breakfast**

Cereal Bar or Cereal  
Fruit, Juice, & Milk Choice

**Lunch**

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

Wednesday, May 22

**Breakfast**

Cereal Bar or Cereal  
Fruit, Juice, & Milk Choice

**Lunch**

Corn Dog  
Beans  
Carrots w Ranch  
Vegetable Juice  
Fruit & Milk Choice

Thursday, May 23

**Breakfast**

Cereal Bar or Cereal  
Fruit, Juice, & Milk Choice

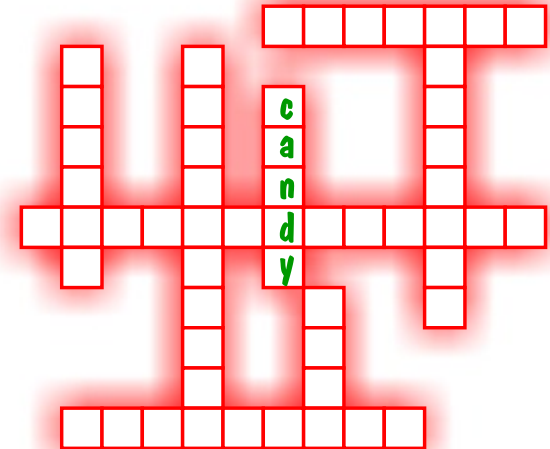
**Lunch**

Grilled Cheese Sandwich  
Pinto Beans  
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](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)