

Menus for May 2025



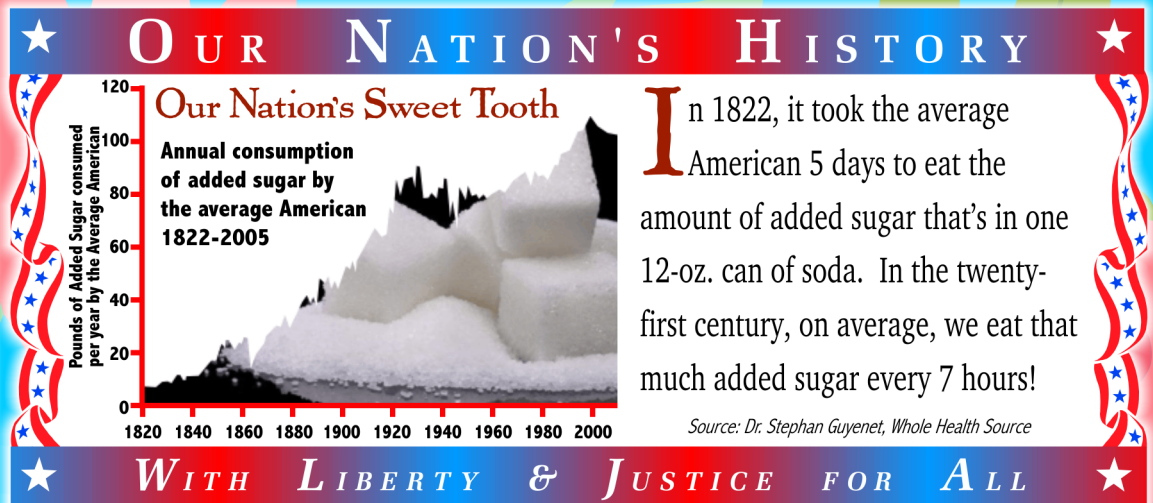
AMORY MIDDLE SCHOOL

This institution is an equal opportunity provider.

DON'T 4GET!
To make a lunch,
choose at least one



or



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 12

French Bread Pizza
Chicken Spaghetti
Whole Kernel Corn
Green Peas
Fruits
Roll
Milk

Tuesday, May 13

Tacos
Chicken Sandwich
Salad
Fiesta Rice
Refried Beans
Fruits
Milk

Wednesday, May 14

Hot Bites
Hot Dog
Mashed Potatoes
w/Gravy
Black Eyed Peas
Fruits
Milk

Thursday, May 15

Mandarin Chicken
w/Rice
Managers Choice
Salad
Mixed Vegetables
Baked Potato
Fruits
Milk

Friday, May 16

Sack Lunch
Managers Choice

**PANTHER
PRIDE
DAY**