Menus for May 2025

EAST AMORY ELEMENTARY SCHOOL This institution is an equal opportunity provider.

OUR NATION'S Our Nation's Sweet Tooth Annual consumption of added sugar by the average American 1822-2005 120 1820 1840 1860 1880 1900 1920 1940 1960 1980 2000

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

HISTORY

Source: Dr. Stephan Guyenet, Whole Health Source

With Liberty & Just

JUSTICE

F O R

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Monday, May 12

Philly Chicken
Hoagie
Chicken Spaghetti
Vegetables
Fruits
Roll
Milk

Tuesday, May 13

Soft Beef Taco Chicken Fajita Vegetables Fruits Milk

Wednesday, May 14

Chicken Nuggets Hot Chicken Bites Vegetables Fruits Milk

Thursday, May 15

Ham and Cheese Sandwich Chicken Sandwich Vegetables Fruits Milk

Friday, May 16

BBQ Pork Sandwich Pizza Vegetables Fruits 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!