

Menus for May 2025

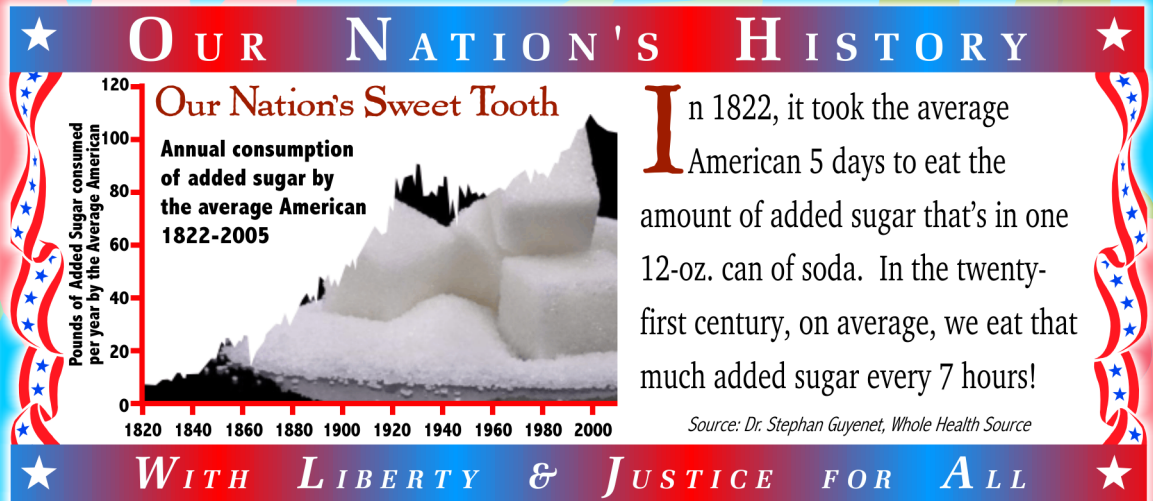


EAST AMORY ELEMENTARY SCHOOL
This institution is an equal opportunity provider.

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	Tuesday, May 13	Wednesday, May 14	Thursday, May 15	Friday, May 16
Philly Chicken Hoagie Chicken Spaghetti Vegetables Fruits Roll Milk	Soft Beef Taco Chicken Fajita Vegetables Fruits Milk	Chicken Nuggets Hot Chicken Bites Vegetables Fruits Milk	Ham and Cheese Sandwich Chicken Sandwich Vegetables Fruits Milk	BBQ Pork Sandwich Pizza Vegetables Fruits Milk