

Menus for May 2025

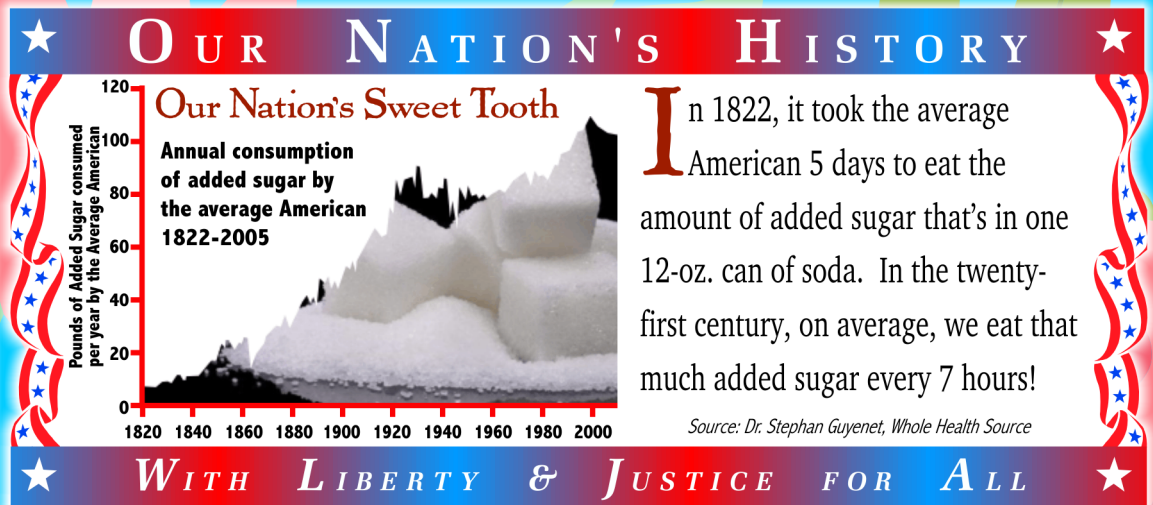


WEST AMORY ELEMENTARY SCHOOL
This institution is an equal opportunity provider.

DON'T GET!
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
Cheese Pizza Stuffed Crust Pizza Meatball Hoagie Whole Kernel Corn Steamed Broccoli Fruit Milk	Beefy Nachos Grande Chicken Nachos Ham and Cheese Sandwich Whole Kernel Corn Carrots w/Dip Fruit Milk	Chicken Nuggets Baked Lemon Pepper Chicken Green Beans Mashed Potatoes Fruit Roll Milk	Huntington Chicken Hamburger Green Peas French Fries Fruit Roll Milk	BBQ Pork Sandwich Corn Dog Baked Beans Vegetable Juice Fruit Milk