

# Menus for May 2024



WEST AMORY ELEMENTARY SCHOOL

This institution is an equal opportunity provider.

★ 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

**I**n 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**

- Chicken Nuggets
- Cheesy Hot Chicken Bites
- Chef Salad
- Mashed Potatoes
- Turnip Greens
- Sweet Potato Fries
- Tropical Fruit
- Orange Smiles
- Whole Wheat Roll
- Milk

**Thursday, May 2**

- Chicken & Dumplings
- Hamburger
- Chicken Salad
- Croissant
- French Fries
- Black Eyed Peas
- Raw Veggies w/Dip
- Mandarin Oranges
- Fresh Banana
- Cornbread
- Milk

**Friday, May 3**

- BBQ Pork Sandwich
- Corn Dog Nuggets
- Mac & Cheese
- Baked Beans
- Vegetable Juice
- Applesauce
- Pineapple Tidbits
- Milk

**Monday, May 6**

- Cheese Pizza
- Stuffed Crust Pizza
- Chicken Alfredo
- Carrots w/ Dip
- Whole Kernel Corn
- Fruit Fiesta
- Apple/Orange Wedges
- Roll
- Milk

**Tuesday, May 7**

- Soft Beef Taco
- Chicken Quesadillas
- Burrito w/Salsa
- Refried Beans
- Stir-Fry Rice
- Tossed Salad w/ Dressing
- Red Apple
- Fruit Cocktail
- Milk

**Wednesday, May 8**

- Chicken Nuggets
- Sliced Turkey Roast
- Chef Salad
- Green Beans
- Mashed Potatoes
- Orange Smiles
- Strawberry Fruited Gelatin
- Roll
- Milk

**Thursday, May 9**

- Mac & Cheese w/Ham
- Chicken Sandwich
- Spicy Chicken Sandwich
- Tuna Salad Sandwich
- Raw Veggies w/Dip
- Steamed Broccoli
- Mandarin Fruit Cup
- Fresh Banana
- Whole Wheat Roll
- Milk

**Friday, May 10**

- BBQ Pork Sandwich
- Hot Dog
- Ham & Cheese Sandwich
- Baked Beans
- Vegetable Juice
- Carrots w/Dip
- Red Apple
- Pineapple Tidbits
- Rice Krispy Treat
- 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!**

**Monday, May 13**

Huntington Chicken  
Ham & Cheese Sandwich  
Carrots w/Dip  
Green Peas  
Broccoli w/Cheese  
Fruit Cocktail  
Orange Smiles Roll  
Milk

**Tuesday, May 14**

Soft Beef Taco  
Chicken Quesadillas  
Burrito w/Salsa  
Whole Kernel Corn  
Refried Beans  
Stir-Fried Rice  
Red Apple  
Mandarin Oranges  
Milk

**Wednesday, May 15**

Chicken Nuggets  
Lemon Pepper Baked Chicken  
Mashed Potatoes  
Pinto Beans  
Sweet Potato Fries  
Strawberry Fruited Gelatin  
Fresh Banana  
Whole Wheat Roll  
Milk

**Thursday, May 16**

BBQ Pork Sandwich  
Hot Dog  
Baked Beans  
Vegetable Juice  
Pineapple Tidbits  
Applesauce  
Milk

**Friday, May 17**

Stuffed Crust Pizza  
Cheese Pizza  
Carrots w/ Dip  
Vegetable Juice  
Fresh Apple  
Fruit Fiesta  
Rice Krispy Treat  
Milk

**Monday, May 20**

Chicken Nuggets  
Lemon Pepper Baked Chicken  
Chef Salad  
Mashed Potatoes  
Sweet Potato Fries  
Pinto Beans  
Mandarin Fruit Cup  
Red Apple  
Roll  
Milk

**Tuesday, May 21**

BBQ Pork Sandwich  
Corn Dog  
Baked Beans  
Vegetable Juice  
Red Apple  
Applesauce  
Rice Krispy Treat  
Milk

**Wednesday, May 22**

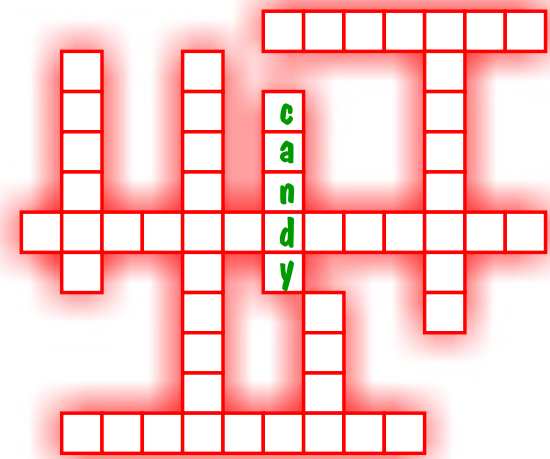
Stuffed Crust Pizza  
Cheese Pizza  
Carrots w/ Dip  
Vegetable Juice  
Fruit Fiesta  
Milk

**60% day  
STUDENTS LAST  
DAY**



# 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)