

Menus for May 2024



Conemaugh Township Middle / High School

This institution is an equal opportunity provider. Menus are subject to change.

★ 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

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 twenty-first century, on average, we eat that much added sugar every 7 hours!

★ WITH LIBERTY & JUSTICE FOR ALL ★



Wednesday, May 1

Breakfast
Donut
Or
Sausage Egg & Cheese Pretzel

Lunch
Lasagna
Or
Hot Dog

Tossed Salad
Green Beans
Fruit

Thursday, May 2

Breakfast
Pancakes
Or
Cheese Omelet & Biscuit

Lunch
Popcorn Chicken
Or
Rib BBQ Sandwich

Macaroni & Cheese
Stewed Tomatoes
Broccoli & Fruit

Friday, May 3

Breakfast
Breakfast Sandwich
Or
Dunkin Sticks

Lunch
Cheeseburger
Or
Pierogie Pizza

French Fries
Baked Beans
Fruit

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.

Monday, May 6

Breakfast
Breakfast Pizza
Or
Assorted Muffin

Lunch
Italian Pita
Or
Chicken Nuggets

Sweet Potato Fries
Mixed Vegetables
Fruit

Tuesday, May 7

Breakfast
Ham, Egg & Cheese Muffin
Or
Fruit Frudel

Lunch
Breaded Cheese Sticks w/
Sauce or
Pepperoni Roll

Salad
Cauliflower
Fruit

Wednesday, May 8

Breakfast
Sausage, Egg & Cheese Pretzel
Or
Assorted Muffin.

Outdoor Grill
Grilled Chicken Sandwich
Or
Hot Dog

Pasta Salad
Carrots, Chips
Cookie, Fruit

Thursday, May 9

Breakfast
French Toast
Or
Tornados

Lunch
Chicken over Biscuits
Or
Deli Sandwich

Mashed Potatoes
Corn
Fruit & Pudding

Friday, May 10

Breakfast
Scrambled Eggs & Hashbrown
Or
Cinnamon Roll

Lunch
Pizza
Or
Fish Sticks

Garden Salad
Carrots
Fruit

**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!**

Monday, May 13

Breakfast

Breakfast Pizza
Or
Bagel w/ Cream Cheese

Lunch

Meatball Sandwich
Or
Ranch Chicken Wrap

Tater Tots
Corn
Fruit

Tuesday, May 14

Breakfast

Fruit & Yogurt Parfait
Or
Fruit Frudel

Lunch

General Tso's or Popcorn
Chicken Or
Sloppy Joe

Rice
Broccoli, Egg Roll
Fruit

Wednesday, May 15

Breakfast

Cheese Omelet w/ Eng Muffin
Or
Donut Holes

Lunch

Spaghetti w/ Meat Sauce
Or
Chicken Alfredo

Italian bread
Tossed Salad
Carrots & Fruit

Thursday, May 16

Breakfast

Bacon, Egg & Cheese Croissant
Or
Banana Bread

Lunch

Chicken Nachos
Or
Corn Dog

Potato Wedges
Broccoli
Fruit

Friday, May 17

Breakfast

Flapstick
Or
Scone

Lunch

Pizza
Or
Chicken Salad Wrap

Tossed Salad
Sweet Potato Fries
Fruit

Monday, May 20

Breakfast

Donut
Or
Scrambled Eggs & Sausage

Lunch

Walking Taco
Or
Soft Shell Taco

Rice, Lettuce & Tomato
Corn
Fruit

Tuesday, May 21

Breakfast

Dutch Waffle
Or
Tornado

Lunch

Crispy Chicken Sandwich
Or
BBQ Pork Sandwich

Pierogies
Broccoli
Fruit

Wednesday, May 22

Breakfast

Bacon, Egg & Cheese Flatbread
Or
Breakfast Bar

Lunch

Turkey Bacon Croissant
Or
Hot, Ham & Cheese Sandwich

Celery/ Carrot Sticks w/ Dip
Potato Smiles
Fruit

Thursday, May 23

Breakfast

Ham, Egg & Cheese Bagel
Or
Cinnamon Roll

Lunch

Cheeseburger
Or
Buffalo Chicken Stromboli

French Fries
Baked Beans
Fruit

Friday, May 24

Breakfast

Waffles w/ Fruit & Cream
Or
Cheese Omelet w/ Biscuit

Lunch

Grilled Cheese Sandwich
Or
Fish Sticks

Tomato Soup
Sweet Potatoes
Fruit

Monday, May 27



Tuesday, May 28

Breakfast

Breakfast Medley

Lunch

Hot Dog
Or
Cook's Choice

French Fries
Baked Beans
Fruit

Wednesday, May 28

Breakfast

Breakfast Medley

Lunch

Pizza
Or
Fish Sticks

Tossed Salad
Vegetables
Fruit

Thursday, May 30

Breakfast

Breakfast Medley

Have a Great Summer!!

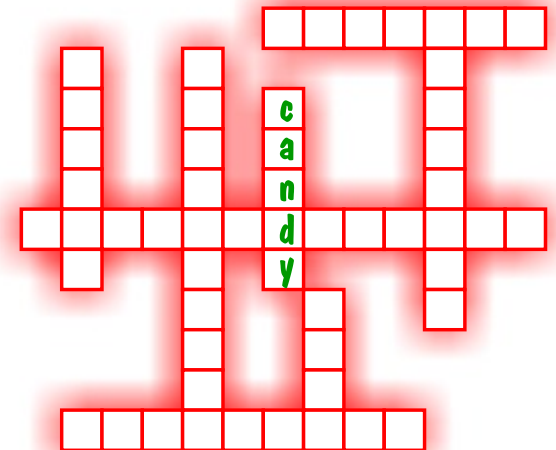
Word of the Month
em·pa·thy

noun 1. the ability to understand someone else's feelings 2. awareness of and sensitivity to another's thoughts and experiences



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 or http://kidshealth.org/kid/stay_healthy/food/pyramid.html