

# Menus for May 2024



## Conemaugh Township Elementary 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**  
Mini Loaf  
Or  
Sausage Egg & Cheese Pretzel

**Lunch**  
Lasagna  
Or  
Hot Dog

Mixed Vegetables  
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**  
Pizza  
Or  
Fish Sticks

Tossed Salad  
Carrots  
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  
Baked Beans  
Fruit

**Tuesday, May 7**

**Breakfast**  
Ham, Egg & Cheese Muffin  
Or  
Fruit Frudel

**Lunch**  
Breaded Cheese Sticks w/  
Sauce or  
Cheese Ravioli

Dinner Roll  
Broccoli & Cauliflower  
Fruit

**Wednesday, May 8**

**Breakfast**  
French Toast  
Or  
Tornados

**Lunch**  
Chicken over Biscuits  
Or  
Deli Sandwich

Mashed Potatoes  
Peas & Carrots  
Fruit & Pudding

**Thursday, May 9**

**Breakfast**  
Bacon, Egg & Cheese Croissant  
Or  
Banana Bread

**Outdoor Grill**  
Grilled Chicken Sandwich  
Or  
Hot Dog

Potato Chips  
Carrot Sticks  
Cookie & Fruit

**Friday, May 10**

**Breakfast**  
Scrambled Eggs & Hashbrown  
Or  
Cinnamon Roll

**Lunch**  
Cheeseburger  
Or  
Pierogie Pizza

French Fries  
Baked Beans  
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**

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**

Sausage, Egg & Cheese Pretzel  
Or  
Assorted Muffin.

**Lunch**

Oven Roasted Chicken  
Or  
Deli Sandwich

Scalloped Potatoes  
Dinner Roll  
Green Beans & 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  
Chicken Fajita

French Fries  
Green 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!!

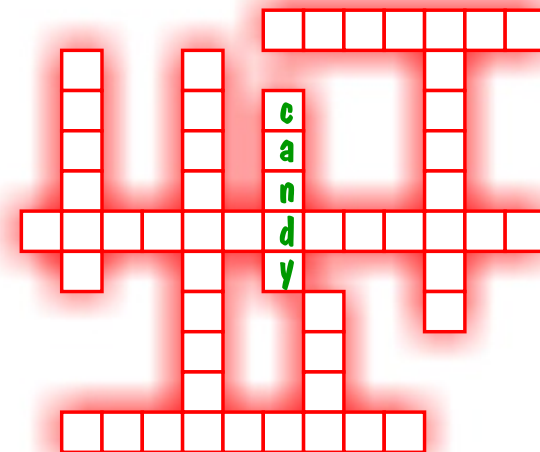
**Word of the Month**  
em·pa·thy

*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](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)