

Menus for May 2010



OAMS

This institution is an equal opportunity provider and employer.

Available Daily

- Breakfast
- Breakfast Pizza
- Breakfast Sandwich
- Bagel
- Cereal



Monday, May 3	Tuesday, May 4	Wed., May 5	Thursday, May 6	Friday, May 7
Chicken Parm/Roll Hot Dogs/Bun Sub, Salad Veggie Fruit Milk	Chicken Poppers Dipping Sauce Sub, Salad Mashed Potatoes Fruit Dinner Roll Milk	Build a Burger/Roll Tomato Soup Toasted Cheese Sub, Salad Veggie Fruit Milk	Fiestada Meat Ball Sub Sub, Salad Veggie Fruit Milk	Cheese Pizza Sub, Salad Tossed Salad Fruit Milk
Monday, May 10	Tuesday, May 11	Wed., May 12	Thursday, May 13	Friday, May 14
Chicken Patty/Roll Hot Dogs/Roll Sub, Salad Veggie Fruit Milk	Soft Shell Taco Taco Salads Sub, Salad Veggie Fruit Milk	Ham & Cheese Pretzel Bun Tomato Soup Toasted Cheese Tater Tots Fruit Milk	French Toast Sticks Sausage Cheese Burger/ Roll Hash Browns Sub, Salad Veggie Fruit Milk	No School

GET DOWN WITH THE BROWN.

Whole grain foods (which are usually brown) are better for you than the white stuff. So when you can, try to choose whole wheat pasta and bread, whole grain cereal, and brown rice.



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

Monday, May 17

French Bread
Pizza
Hamburger/Roll
Sub, Salad
Veggie
Fruit
Milk

Tuesday, May 18

Chicken Nuggets
Dipping Sauce
Rice
Sub, Salad
Veggie
Fruit
Milk

Wed., May 19

Sloppy Joe/Roll
Tomato Soup
Toasted Cheese
Sandwich
Sub, Salad
Veggie
Fruit
Milk

Thursday, May

Fiestada
Hot Dogs/Roll
Sub, Salad
Veggie
Fruit
Milk

Friday, May 21

Stuffed Crust
Pizza
Sub, Salad
Veggie
Fruit
Milk

Monday, May 24

Chicken Poppers
Dipping Sauce
Mashed Potatoes
Sub, Salad
Veggie
Fruit
Dinner Roll
Milk

Tuesday, May 25

Soft Shell Tacos
Taco Salads
Sub, Salad
Veggie
Fruit
Milk

Wed., May 26

Chicken Patty/Roll
Tomato Soup
Toasted Cheese
Sandwich
Sub, Salad
Veggie
Fruit
Milk

Thursday, May

Pasta with Meat
Sauce
Cheese Burger/
Roll
Sub, Salad
Veggie
Fruit
Milk

Friday, May 28

Cheese Pizza
Sub, Salad
Garden Salad with
Spinach
Fruit
Milk

Monday, May 31

No School



Q: How much sugar do you eat?



A: If you eat like most Americans, you consume over 20 teaspoons of added sugar every single day, or 115 pounds a year. That's just what we get from processed food and drinks, without ever actually dipping a spoon in the sugar bowl. Current guidelines recommend no more than 6-9 teaspoons of added sugar a day. Want sweetness without the side effects? Get your sugar the natural way - from fresh fruit.

LEARN MORE AT WWW.KIDSHEALTH.ORG/KID/STAY_HEALTHY/FOOD/PYRAMID.HTML

Try not to grow up too fast on us.

The school year probably seems like it takes forever to you. But to your parents (and to us), it seems like you're a baby one day and all grown up the next. If you're moving on to a new school next year, good luck. If not, we'll see you back here in a couple of months. But, either way, please do us a favor this summer: try to enjoy just being a kid. Because before you know it, a grown-up will be staring back at you from the mirror!

