

Menus for May 2010



Owego Free Academy

This institution is an equal opportunity provider and employer.



In Mexico, Cinco de Mayo marks a famous Mexican military victory. In the United States and elsewhere around the world, the day is a celebration of Mexican heritage and culture. Cinco de Mayo is really a bigger deal here than it is in Mexico!



Available Daily

Breakfast
Breakfast Sandwich
Breakfast Pizza
Bagel
Cereal

Monday, May 3	Tuesday, May 4	Wed., May 5	Thursday, May 6	Friday, May 7
Hot Dogs on Bun Chicken Patty/Roll Salad Bar with Soup Sub. Salad Baked Beans Corn Fruit Milk	Build a Burger/Roll Chicken Poppers Dipping Sauce Sub, Salad Mashed Potatoes Peas & Carrots Dinner Roll Fruit Milk	Tomato Soup Grilled Cheese Build a Burger/Roll Three Cheese Pasta Sub, Salad Italian Bread Carrots Fruit Milk	Marinated Chicken Patty/Roll Fiestada Asian Chicken Sub, Salad Rice Dinner Roll Steamed Broccoli Fruit Milk	Fish on Bun Cheese Pizza Sub, Salad Tossed Salad 100% Juice Fruit Milk

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 10	Tuesday, May 11	Wed., May 12	Thursday, May 13	Friday, May 14
Steakum/Roll With Fixings Chicken Patty/Roll Gyro Sub, Salad Veggie Fruit Milk	Hot Dogs/Bun Soft Shell Taco Taco Salad Assorted Fixings Sub, Salad Veggie Fruit Milk	Tomato Soup Grilled Cheese Ham & Cheese Pretzel Buns Chicken Alfredo Pasta Italian Bread Sub, Salad Veggie Fruit Milk	Corn Dog French Toast Sticks Ham & Cheese Croissant Sausage Ham Salad Wraps Sub, Salad Veggie Fruit Milk	No School

Monday, May 17

Hamburger/Roll
French Bread
Pizza
Salad Bar with
Soup
Sub
Veggie
Fruit
Milk

Tuesday, May 18

Hot Dogs/Roll
Chicken Nuggets
Dipping Sauce
Rice
Sub, Salad
Veggie
Dinner Rolls
Fruit
Milk

Wed., May 19

Tomato Soup
Grilled Cheese
Sloppy Joe/Roll
Beef Enchilada
Sub, Salad
Veggie
Fruit
Milk

Thursday, May

Marinated
Chicken/Roll
Fiestada
Turkey & Swiss
Panini
Sub, Salad
Veggie
Fruit
Milk

Friday, May 21

Tuna Noodles
Casserole
Stuffed Crust
Pizza
Sub, Salad
Veggie
Fruit
Milk

Monday, May 24

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

Tuesday, May 25

Hot Dogs/Roll
Soft Shell Tacos
Taco Salads
Sub, Salad
Seasoned Rice
Veggie
Fruit
Milk

Wed., May 26

Tomato Soup
Grilled Cheese
Chicken Parm on
Roll
Stuffed Shells
Sub, Salad
Veggie
Fruit
Milk

Thursday, May

Meatball Sub
Pasta with Meat
Sauce
Sub, Salad
Veggie
Garlic Bread
Luigi Frozen Juice
Pop
Milk

Friday, May 28

Chicken Grilla/Roll
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