

# Menus for May 2024



## KIBSD K-5 SCHOOLS

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

# VEGETABLE

## Brussels Sprouts

Brussels sprouts are high in illness-fighting beta carotene and are also a good vegetable source of protein. Steam or boil brussels sprouts until they're just tender, and they won't taste bitter.



# OF THE MONTH

Monday, May 6

### Breakfast

Cereal  
Chilled Fruit  
Choice of Milk

### Lunch

Pizza  
Fresh Salad  
Baby Carrots  
Chilled Fruit  
Choice of Milk

Tuesday, May 7

### Breakfast

Pancakes  
Fresh Fruit  
Choice of Milk

### Lunch

Chicken Pancit  
Normandy Vegetables  
Chilled Fruit  
Choice of Milk

Wednesday, May 8

### Breakfast

Cinnamon Roll  
Chilled Fruit  
Choice of Milk

### Lunch

Chicken Nuggets  
Golden Corn  
Chilled Fruit  
Choice of Milk

Thursday, May 9

### Breakfast

Colby Cheese Omelet  
Chilled Fruit  
Choice of Milk

### Lunch

Eggroll  
Brown Rice  
Ca Cut Vegetables  
Chilled Fruit  
Choice of Milk

Friday, May 10

### Breakfast

Pancake on a Stick  
Chilled Fruit  
Choice of Milk

### Lunch

Ravioli  
Fresh Salad  
3 Way Vegetables  
Chilled Fruit  
Choice of Milk

Wednesday, May 1

### Breakfast

Churro  
Chilled Fruit  
Choice of Milk

### Lunch

Teriyaki Wonder Bites  
Rice  
Normandy Vegetables  
Chilled Fruit  
Choice of Milk

Thursday, May 2

### Breakfast

Pancake  
Chilled Fruit  
Choice of Milk

### Lunch

Spaghetti w Meat Sauce  
Green Beans  
Chilled Fruit  
Choice of Milk

Friday, May 3

### Breakfast

Breakfast Wrap  
Chilled Fruit  
Choice of Milk

### Lunch

Baja Fish Sticks  
Five Way Vegetables  
Chilled Fruit  
Choice of Milk

## ★ 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 ★

# 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

**Breakfast**

Oatmeal  
Chilled Fruit  
Choice of Milk

**Lunch**

Pizza  
Fresh Salad  
Baby Carrots  
Chilled Fruit  
Choice of Milk

Tuesday, May 14

**Breakfast**

Breakfast Pizza  
Fresh Fruit  
Choice of Milk

**Lunch**

Burrito  
Black Beans  
Green Beans  
Chilled Fruit  
Choice of Milk

Wednesday, May 15

**Breakfast**

Breakfast Wrap  
Chilled Fruit  
Choice of Milk

**Lunch**

Rib Patty Sandwich  
Cole Slaw  
Golden Corn  
Chilled Fruit  
Choice of Milk

Thursday, May 16

**Breakfast**

Bagel with Cream Cheese  
Chilled Fruit  
Choice of Milk

**Lunch**

Chicken Patty Sandwich  
Lettuce/Tomato  
Green Beans  
Tater Gems  
Chilled Fruit  
Choice of Milk

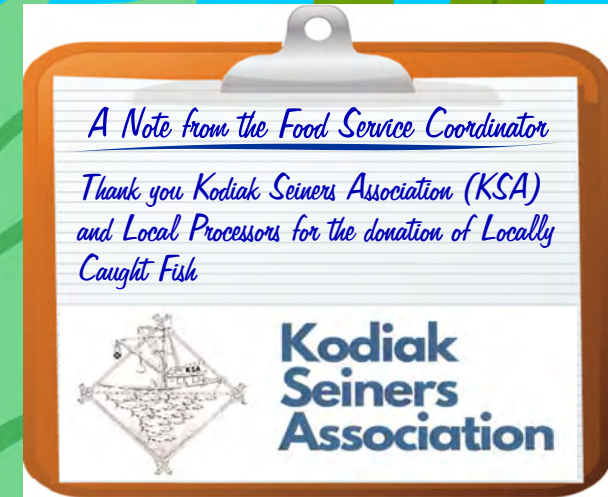
Friday, May 17

**Breakfast**

MANAGERS CHOICE

**Lunch**

MANAGERS CHOICE



Monday, May 20

**Breakfast**

MANAGERS CHOICE

**Lunch**

MANAGERS CHOICE

Tuesday, May 21

**Breakfast**

MANAGERS CHOICE

**Lunch**

MANAGERS CHOICE

Wednesday, May 22

**Breakfast**

MANAGERS CHOICE

**Lunch**

MANAGERS CHOICE

Thursday, May 23

**Breakfast**

MANAGERS CHOICE

**Lunch**

MANAGERS CHOICE

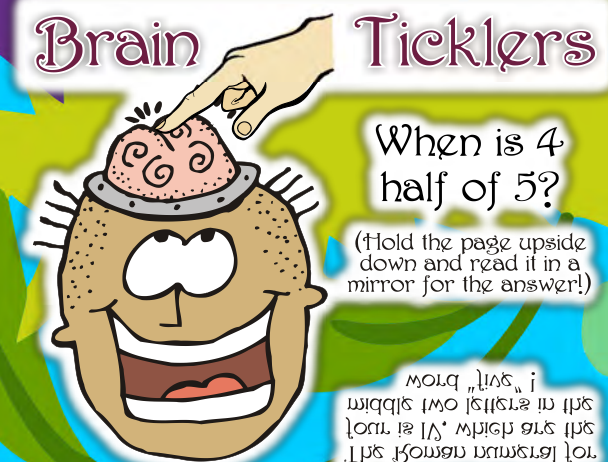
Friday, May 24

**Breakfast**

MANAGERS CHOICE

**Lunch**

MANAGERS CHOICE



The following words are written upside down in the mirror. Write them in the correct orientation.