

Wednesday, May I

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

Our Nation's Sweet Tooth

1820 1840 1860 1880 1900 1920 1940 1960 1980 2000

LIBERTY

Annual consumption

of added sugar by the average American

1822-2005

 W_{ITH}

NATION'S

Breakfast

Breakfast Wrap Chilled Fruit Choice of Milk

Lunch

Baja Fish Sticks Five Way Vegetables Chilled Fruit Choice of Milk

ADDITION BY

USTICE

SUBTRACTION

HISTORY

n 1822, it took the average

amount of added sugar that's in one

12-oz. can of soda. In the twenty-

much added sugar every 7 hours! Source: Dr. Stephan Guyenet, Whole Health Source

first century, on average, we eat that

FOR

American 5 days to eat the

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 6

Breakfast

Cereal **Chilled Fruit** Choice of Milk

Lunch

Pizza Fresh Salad **Baby Carrots** Chilled Fruit Choice of Milk

Tuesday, May 7

Brussels Sprouts

Brussels sprouts are high in illness-fighting

beta carotene and are also a good vegetable

OF THE MORN

source of protein. Steam or boil brussels sprouts

until they're just tender, and they won't taste bitter.

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



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

A Note from the Food Service Coordinator Thank you Kodiak Seiners Association (KSA) and Local Processors for the donation of Locally



Caught Fish

Kodiak Seiners **Association**

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

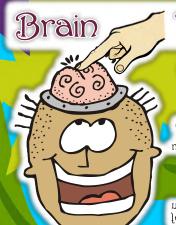
MANAGERS CHOICE





JM16. It's summertime.

We'll see you next year. Enjoy!



Ticklers

When is 4 half of 5?

(Mold the page upside down and read it in a mirror for the answer!)

word "five"! middle two letters in the Jour is IV, which are the The Roman numeral jor