

Menus for May 2024



KIBSD MIDDLE SCHOOL

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

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 ★

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

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

What's on YOUR plate?



HALF FRUITS AND VEGETABLES

GRAINS, MOSTLY WHOLE


PROTEIN FOODS

DAIRY



Smile.
It's summertime.
We'll see you next year. Enjoy!

Brain Ticklers



When is 4 half of 5?
(Hold the page upside down and read it in a mirror for the answer!)

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mim*