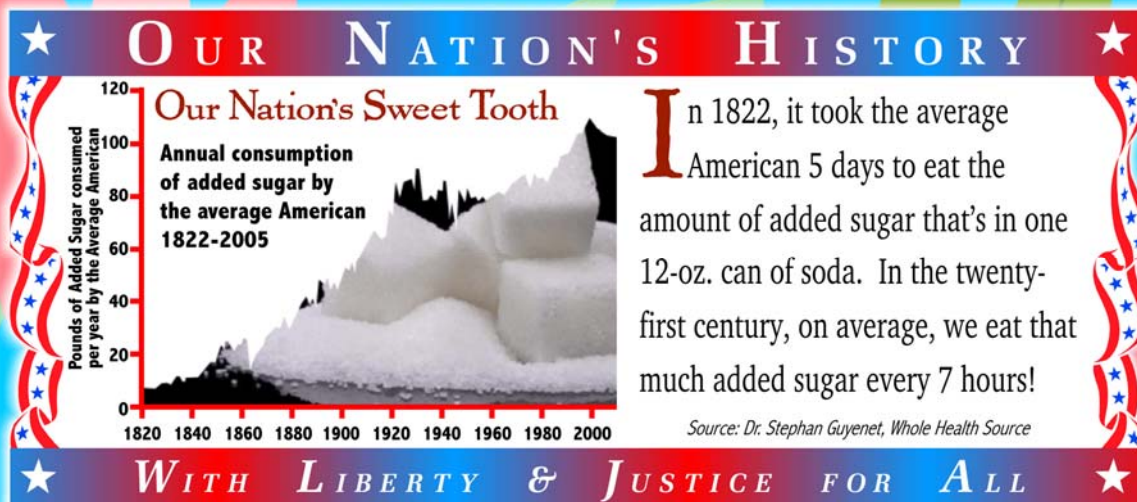


Menus for May



Roslyn Public Schools

This institution is an equal opportunity provider. Menus are



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!

Wednesday, May 1

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/Jelly Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain

Plain Pasta or Pasta with
Protein
Vegetable
Fruit/Milk

Thursday, May 2

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/ Jelly/ Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain

Chicken Tenders
Vegetable
Fruit/ Milk

Friday, May 3

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/
Tuna/ Egg Salad/Jelly
Yogurt/ Yogurt Parfait
Jr. Salad w/ Tuna /Egg
Salad/ or Turkey/
Cheese or Plain

Pizza
Vegetable/ Fruit/
Milk

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 6

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/ Jelly/ Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain

Grilled Cheese
Vegetable
Fruit/ Milk

Tuesday, May 7

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/ Jelly/ Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain

Chicken Tenders
Rice
Vegetable
Fruit/ Milk

Wednesday, May 8

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/Jelly Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain

Plain Pasta or Pasta with
Protein
Vegetable
Fruit/Milk

Thursday, May 9

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/ Jelly/ Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain

Popcorn Chicken
Rice
Vegetable
Fruit/ Milk

Friday, May 10

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/
Tuna/ Egg Salad/Jelly
Yogurt/ Yogurt Parfait
Jr. Salad w/ Tuna /Egg
Salad/ or Turkey/
Cheese or Plain

Pizza
Vegetable/ Fruit/
Milk

Monday, May 13

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/ Jelly/ Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain

Grilled Cheese
Rice /Vegetable
Fruit/ Milk

Tuesday, May 14

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/ Jelly/ Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain

Chicken Tenders Rice
Vegetable
Fruit/ Milk

Wednesday, May 15

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/ Jelly Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain

Plain Pasta or Pasta with
Protein
Vegetable
Fruit/Milk

Thursday, May 16

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/ Jelly/ Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain

Chicken Patty Rice
Vegetable
Fruit/ Milk

Friday, May 17

Lunch

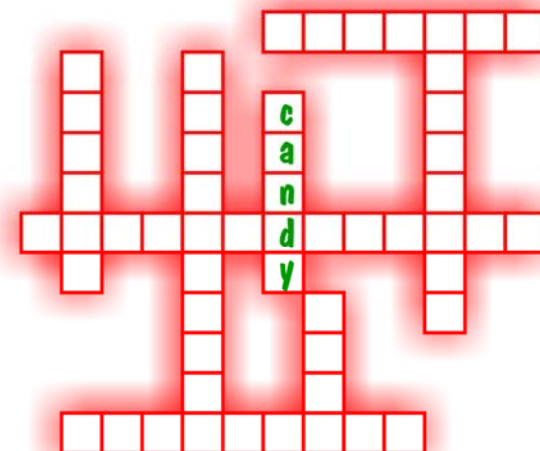
Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/
Tuna/ Egg Salad/Jelly
Yogurt/ Yogurt Parfait
Jr. Salad w/ Tuna /Egg
Salad/ or Turkey/
Cheese or Plain

Pizza
Vegetable/ Fruit/
Milk



Sugar adds up!

On average, we should eat fewer than 12 teaspoons (about 50g) of added sugar a day. Six teaspoons or fewer is even better. The puzzle below can help you see if you're eating too much sugar for your own good -- but remember to check the nutrition labels, because added sugar (in many different disguises!) is contained in a lot of processed foods that we don't even think of as sweet!



Fit the names of the added sugar sources into the crossword puzzle.

Soda 10 teaspoons added sugar
Milk Shake 25 teaspoons
Candy (1 package) 5-10 teaspoons
Fruit Drink 4-8 teaspoons

Ice Cream 10 teaspoons
Cookies 2-8 teaspoons
Frosted Cereal 3 teaspoons
Pastry 3-12 teaspoons

These figures are averages and are for added sugar only -- some sugar occurs naturally in unprocessed foods like whole fruits and vegetables.

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, May 20

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/ Jelly/ Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain

Grilled Cheese
Vegetable
Fruit/ Milk

Tuesday, May 21

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/ Jelly/ Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain

Chicken Tenders Rice
Vegetable
Fruit/ Milk

Wednesday, May 22

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/ Jelly Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain

Plain Pasta or Pasta with
Protein
Vegetable
Fruit/Milk

Thursday, May 23

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/ Jelly/ Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain

Popcorn Chicken
Rice
Vegetable
Fruit/ Milk

Friday, May 24

Lunch

Choice of
Sandwiches Turkey,
Turkey & Cheese /
Ham/Tuna/ Egg
Salad/Jelly Yogurt/
Yogurt Parfait Jr.
Salad w/ Tuna /Egg
Salad/ or Turkey/
Cheese or Plain
Pizza
Vegetable/ Fruit/

Monday, May 27



Tuesday, May 28



Wednesday, May 29

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/Jelly Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain

Plain Pasta or Pasta with
Protein
Vegetable
Fruit/Milk

Thursday, May 30

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/ Jelly/ Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain

Chicken Patty Rice
Vegetable
Fruit/ Milk

Friday, May 31

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/
Tuna/ Egg Salad/Jelly
Yogurt/ Yogurt Parfait
Jr. Salad w/ Tuna /Egg
Salad/ or Turkey/
Cheese or Plain

Pizza
Vegetable/ Fruit/
Milk