

Menus for May 2024



Newport News Public Schools Early Childhood Centers
This institution is an equal opportunity provider. Menus are subject to change.

★ OUR NATION'S HISTORY ★

Our Nation's Sweet Tooth

Annual consumption of added sugar by the average American 1822-2005

Pounds of Added Sugar consumed per year by the Average American

1820 1840 1860 1880 1900 1920 1940 1960 1980 2000

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!

Source: Dr. Stephan Guyenet, Whole Health Source

★ WITH LIBERTY & JUSTICE FOR ALL ★

NUTRITION TO GO

Pizza and fries – that has to be a junk food meal, right? WRONG! Kids love the taste of our pizza and fries, sure. But those items are also formulated to be healthier than you might assume, especially when they are part of a complete, nutritious meal like the meals we serve every day!

A QUICK BITE FOR PARENTS

Monday, May 6

Breakfast
Asst. Mini Pancakes
Juice
Milk

Lunch
Turkey & Cheese Anytimer
Sweet Potato Waffle Fries
Applesauce Cup
Milk

Tuesday, May 7

Breakfast
Waffle Sandwich
Apple Slices
Milk

Lunch
Mozzarella Cheese Sticks
Green Beans
Fresh Fruit
Milk

Wednesday, May 8

Breakfast
Waffle Envy
Cranraisins
Milk

Lunch
Chicken & Waffles
Roasted Butternut Squash
Dole Fruit Gel Cup
Milk

Thursday, May 9

Breakfast
Chicken Biscuit
Apple Slices
Milk

Lunch
Nachos w/Chili & Cheese
With Roll
Steamed Cabbage
Fresh Fruit
Milk

Friday, May 10

Breakfast
Blueberry Muffin
Applesauce
Milk

Lunch
Chicken Patty on Bun
French Fries
Pear Cup
Milk

Wednesday, May 1

Breakfast
Asst. Mini Pancakes
Cranraisins
Milk

Lunch
Garlic French Bread
Corn
Fresh Fruit
Milk

Thursday, May 2

Breakfast
Egg & Cheese Sandwich
Apple Slices
Milk

Lunch
Corndog Nuggets
Baked Beans
Mandarin Orange Cup
Milk

Friday, May 3

Breakfast
Blueberry Muffin
Applesauce
Milk

Lunch
Popcorn Chicken
Emoticon Potatoes
Dole Fruit Gel Cup
Milk

Available Daily

Nonfat White Milk
Low-fat Milk

*Menu item may contain pork

Happy
Mother's Day
Sunday,
May 12

Monday, May 13

Breakfast

Banana Bread
Juice
Milk

Lunch

Hamburger/Cheesburger
on Bun
Green Peas
Fresh Fruit
Milk

Tuesday, May 14

Breakfast

Sausage on Bun*
Apple Slices
Milk

Lunch

Pretzel Dog
Baby Carrots
Mixed Fruit
Milk

Wednesday, May 15

Breakfast

Asst. Mini Pancakes
Cranraisins
Milk

Lunch

Spaghetti w/Meat Sauce
Green Beans
Fresh Fruit
Milk

Thursday, May 16

Breakfast

Egg & Cheese Sandwich
Apple Slices
Milk

Lunch

Breakfast for Lunch*
Hash Browns
Spiced Apples
Milk

Friday, May 17

Breakfast

Blueberry Muffin
Applesauce
Milk

Lunch

Pizza
Broccoli
Dole Fruit Gel Cup
Milk

Monday, May 20

Breakfast

Asst. Mini Pancakes
Juice
Milk

Lunch

Beef Sliders
Mixed Vegetables
Fresh Fruit
Milk

Tuesday, May 21

Breakfast

Waffle Sandwich
Apple Slices
Milk

Lunch

Pizza Quesadilla
Green Beans
Peach Cup
Milk

Wednesday, May 22

Breakfast

Waffle Envy
Cranraisins
Milk

Lunch

Garlic French Bread
Corn
Fresh Fruit
Milk

Thursday, May 23

Breakfast

Chicken Biscuit
Apple Slices
Milk

Lunch

Corndog Nuggets
Baked Beans
Mandarin Orange Cup
Milk

Friday, May 24

Breakfast

Blueberry Muffin
Applesauce
Milk

Lunch

Popcorn Chicken
Emoticon Potatoes
Dole Fruit Gel Cup
Milk

Monday, May 27



Tuesday, May 28

Breakfast

Sausage on Bun*
Apple Slices
Milk

Lunch

Mozzarella Cheese Sticks
Green Beans
Fresh Fruit
Milk

Wednesday, May 28

Breakfast

Asst. Mini Pancakes
Cranraisins
Milk

Lunch

Chicken & Waffles
Roasted Butternut Squash
Dole Fruit Gel Cup
Milk

Thursday, May 30

Breakfast

Egg & Cheese Sandwich
Apple Slices
Milk

Lunch

Nachos w/Chili & Cheese
With Roll
Steamed Cabbage
Fresh Fruit
Milk

Friday, May 31

Breakfast

Blueberry Muffin
Applesauce
Milk

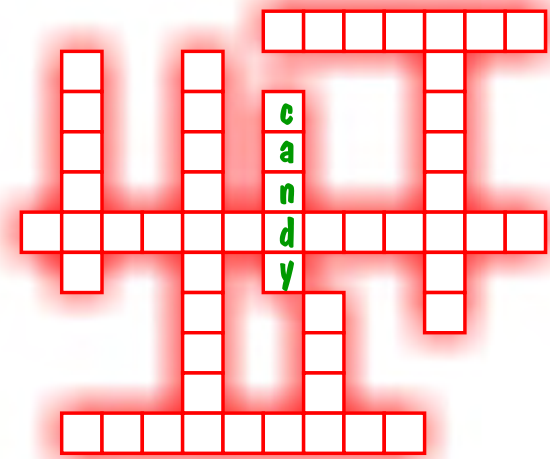
Lunch

Chicken Patty on Bun
French Fries
Pear Cup
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