

Menus for May 2024



Newport News Public Schools Elementary Menu

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

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 ★

Available Daily

PB&J-Sliced Apples
Cut-up Fresh Fruit
Baby Carrots
Yogurt w/String Cheese w/Cheeze-its
1% White, Low-fat-Flavored
And Skim Milk

**Menu item may contain pork*

Wednesday, May 1

Breakfast
 Waffle Envy
 Fruit-Juice-Milk
Lunch
 Garlic French Bread
 Meatball Sub
 Yogurt Parfait
Choose Two:
 Au Gratin Potatoes
 Green Beans
Choose One:
 Peach Cup

Thursday, May 2

Breakfast
 Zee Zee's Smore Bar
 Fruit-Juice-Milk
Lunch
 CornDog Nuggets
 Baked Potato w/Taco Meat
 w/Cheese & Roll
 Chicken Salad Croissant
Choose Two:
 Broccoli
 Baked Beans
Choose One:
 Mandarin Orange Cup

Friday, May 3

Breakfast
 Smoothie w/Muffin
 Fruit-Milk
Lunch
 Pizza Crunchers
 Popcorn Chicken
 Steak & Cheese Sub
Choose Two:
 Cucumber Coins
 Emoticon Potatoes
Choose One:
 Dole Fruit Gel Cup

Salad of the Day

Monday - Chef's Salad w/Garlic Stick*
Tues - Country Chicken Salad w/Crackers
Wed - Southwestern Chicken Salad
w/Cornbread Muffin
Thurs - BLT Salad w/Garlic Stick*
Fri - Hawaiian Chicken Salad w/Lemon Bread

Monday, May 6

Breakfast
 Banana Bread
 Fruit-Juice-Milk
Lunch
 Galaxy Pizza
 Chicken Fajita
 Turkey & Cheese Anytimer
Choose Two:
 Sweet Potato Waffle Fries
 Corn
Choose One:
 Applesauce Cup

Tuesday, May 7

Breakfast
 Dunkin Stick
 Fruit-Juice-Milk
Lunch
 Mozzarella Sticks
 Beef Hot Dog
 Turkey, Ham & Cheese
 Sub/Wrap*
Choose Two:
 Green Beans
 Baked Beans
Choose One:
 Dole Fruit Gel Cup

Wednesday, May 8

Breakfast
 Bacon Breakfast Pocket*
 Fruit-Juice-Milk
Lunch
 Macaroni & Cheese
 w/Fish Sticks
 Chicken & Waffles
 Yogurt Parfait
Choose Two:
 Roasted Butternut Squash
 Spinach
Choose Two:
 Mixed Fruit Cup

Thursday, May 9

Breakfast
 Asst. Mini Pancakes
 Fruit-Juice-Milk
Lunch
 Nachos w/Chili
 W/Cheese & Roll
 Chicken Nuggets
 Stromboli*
Choose Two:
 Steamed Cabbage
 Garden Salad
Choose One:
 Peach Cup

Friday, May 10

Breakfast
 Breakfast Benefit Bar
 Fruit-Juice-Milk
Lunch
 Chicken Patty on Bun
 Teriyaki Chicken Bowl
 W/Fried Rice
 Manager's Special
Choose Two:
 French Fries
 Broccoli
Choose One:
 Pear Cup

Happy
 Mother's Day
 Sunday,
 May 12

Monday, May 13

Breakfast

Breakfast Brea
Fruit-Juice-Milk

Lunch

Hamburger/Cheeseburger on Bun
Pizza Calzone
Turkey & Cheese Anytimer

Choose Two:

Green Peas
Fiesta Beans

Choose One:

Mandarin Orange Cup

Tuesday, May 14

Breakfast

Sausage & Cheese Waffle
Fruit-Juice-Milk

Lunch

Veg. Chili w/Scoops
Fiesta Pizza
Pretzel Dog

Choose Two:

Collard Greens
Cherry Tomatoes

Choose One:

Mixed Berry Cup

Wednesday, May 15

Breakfast

Waffle Envy
Fruit-Juice-Milk

Lunch

Spaghetti w/Meat Sauce
Turkey BBQ on Bun
Yogurt Parfait

Choose Two:

Green Beans
Cole Slaw

Choose One:

Applesauce Cup

Thursday, May 16

Breakfast

Zee Zee's Smore Bar
Fruit-Juice-Milk

Lunch

Breakfast for Lunch*
w/Apple Cinnamon
Texas Toast
Fiesta Hot Pockets
Chicken Salad Croissant

Choose Two:

Garden Salad, Hash Browns

Choose One:

Spiced Apples

Friday, May 17

Breakfast

Smoothie w/Muffin
Fruit-Milk

Lunch

Pizza
Roasted Chicken Leg
w/Cornbread Poppers
Sloppy Joe

Choose Two:

Mashed Potatoes w/Gravy
Broccoli

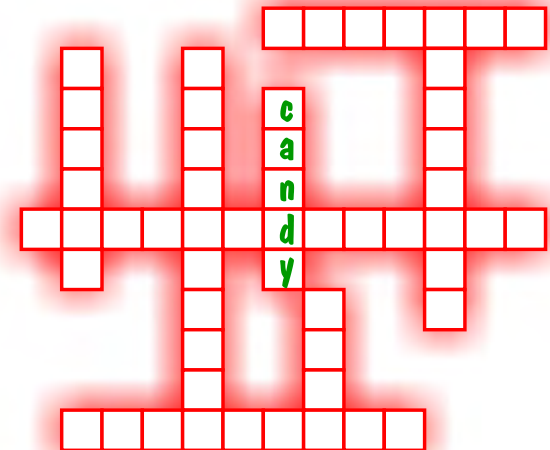
Choose One:

Dole Fruit Gel Cup



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

Breakfast

Banana Bread
Fruit-Juice-Milk

Lunch

Chicken Chunks & Gravy over Rice
Beef & Cheese Soft Taco
Beef Sliders

Choose Two:

Fiesta Beans
Mixed Vegetables

Choose One:

Zee Zee Raisins

Tuesday, May 21

Breakfast

Dunkin Stick
Fruit-Juice-Milk

Lunch

Buffalo Chicken Melt
Pizza Quesadilla
Turkey, Ham & Cheese Sub Wrap*

Choose Two:

Au gratin Potatoes
Green Beans

Choose One:

Peach Cup

Wednesday, May 22

Breakfast

Bacon Breakfast Pocket*
Fruit-Juice-Milk

Lunch

Garlic French Bread
Meatball Sub
Yogurt Parfait

Choose Two:

Corn
Tomato Soup

Choose One:

Pear Cup

Thursday, May 23

Breakfast

Asst. Mini Pancakes
Fruit-Juice-Milk

Lunch

Corndog Nuggets
Baked Potato w/Taco Meat w/Cheese & Roll
Chicken Salad Croissant

Choose Two:

Broccoli
Baked Beans

Choose One:

Mandarin Orange Cup

Friday, May 24

Breakfast

Breakfast Benefit Bar
Fruit-Juice-Milk

Lunch

Pizza Crunchers
Popcorn Chicken
Steak & Cheese Sub

Choose Two:

Cucumber Coins
Emoticon Potatoes

Choose One:

Dole Fruit Gel Cup

Monday, May 27



Tuesday, May 28

Breakfast

Sausage & Cheese Waffle
Fruit-Juice-Milk

Lunch

Mozzarella Sticks
Beef Hot Dog
Turkey, Ham & Cheese Sub/Wrap*

Choose Two:

Green Beans
Baked Beans

Choose One:

Dole Fruit Gel Cup

Wednesday, May 28

Breakfast

Waffle Envy
Fruit-Juice-Milk

Lunch

Macaroni & Cheese w/Fish Sticks
Chicken & Waffles
Yogurt Parfait

Choose Two:

Roasted Butternut Squash
Spinach

Choose One:

Mixed Fruit Cup

Thursday, May 30

Breakfast

Zee Zee's Smore Bar
Fruit-Juice-Milk

Lunch

Nachos w/Chili w/Cheese & Roll
Chicken Nuggets
Stromboli*

Choose Two:

Steamed Cabbage
Garden Salad

Choose One:

Peach Cup

Friday, May 31

Breakfast

Smoothie w/Muffin
Fruit-Milk

Lunch

Chicken Patty on Bun
Teriyaki Chicken Bowl w/Fried Rice
Sloppy Joe

Choose Two:

French Fries
Broccoli

Choose One:

Pear Cup