

Monday, May 13

Lunch

- Chicken Strips & Waffles
- Turkey & Cheese Croissant
- Popcorn Chicken Salad & Bosco Stick
- Deli Sandwich
- Sweet Corn
- Mixed Fruit
- Cold Milk

Tuesday, May 14

Lunch

- Hot Dog on Bun
- Chicken Quesadilla
- Italian Salad & Bosco Stick-P
- Deli Sandwich
- Baby Carrots
- Apple Juice
- Fruit Snacks
- Cold Milk

Wednesday, May 15

Lunch

- Orange Chicken & Fried Rice
- Hamburger on Bun
- Chef Salad & Bosco Stick
- Deli Sandwich
- Steamed Broccoli
- Pineapple Tidbits
- Fortune Cookie
- Cold Milk

Thursday, May 16

Lunch

- Baked Potato, Cheese, Margarine & Bosco Stick
- BBQ Ribette Sandwich-P
- Italian Salad & Bosco Stick-P
- Deli Sandwich
- Green Beans
- Chilled Applesauce
- Cold Milk

Friday, May 17

Lunch

- Cheesy Beef Nachos
- Grilled Chicken Sandwich
- Chef Salad & Bosco Stick
- Deli Sandwich
- Ranchero Beans
- Fresh Apple
- Cold Milk

Monday, May 20

Lunch

- Pepperoni Pizza-P
- Mini Corn Dogs
- Popcorn Chicken Salad & Bosco Stick
- Deli Sandwich
- Green Beans
- Frozen Juice Cup
- Cold Milk

Tuesday, May 21

Lunch

- Sausage, Egg & Cheese Croissant -P
- Turkey & Cheese Wrap
- Italian Salad & Bosco Stick-P
- Deli Sandwich
- Emoji Potatoes
- Chilled Applesauce
- Cold Milk

Wednesday, May 22

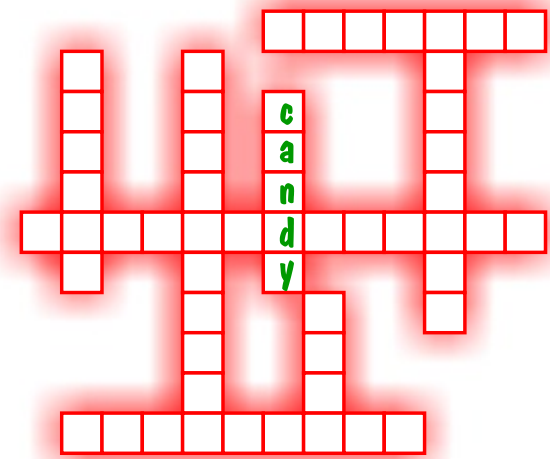
No Lunch

Early Dismissal



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

HAVE A GREAT SUMMER!

Thanks for eating with us this year.
We look forward to seeing you
when school starts up again!

IF YOUR CHILD NEEDS SUMMER FOOD

The Summer Food Service Program (SFSP) and Seamless Summer Option (SSO) are federal nutrition programs that provide free and nutritious meals to children 18 years old and younger. The summer nutrition programs are sponsored by the United States Department of Agriculture and administered by the Illinois State Board of Education. The Illinois Hunger Coalition's Hunger Hotline (1-800-359-2163) serves as the statewide phone number for families to call to find a Summer Meals site near them.