



Q: How much sugar do you eat?



A: If you eat like most Americans, you consume over 20 teaspoons of added sugar every single day, or 115 pounds a year. That's just what we get from processed food and drinks, without ever actually dipping a spoon in the sugar bowl. Current guidelines recommend no more than 6-9 teaspoons of added sugar a day. Want sweetness without the side effects? Get your sugar the natural way - from fresh fruit.

LEARN MORE AT WWW.KIDSHEALTH.ORG/KID/STAY_HEALTHY/FOOD/PYRAMID.HTML

Wed., May 26
BREAKFAST
 Cinnamon Buns
LUNCH
 Chicken Salad
 Croissant
 Or
 Cheeseburger on Bun
 Vegetable Medley Salad
 Orange Wedges
 French Fries

Thursday, May 27
BREAKFAST
 French Toast Sticks
LUNCH
 Chicken Nuggets
 Or
 Quesadilla
 Mashed Potatoes
 Green Peas
 Peaches

Monday, May 17
BREAKFAST
 Breakfast Pizza
LUNCH
 Cheese Sticks w/ Marinara Sauce
 Or
 Hot Pockets
 Tater Tots
 1/2 Banana

★ OUR NATION'S HISTORY ★

It doesn't sound very American, but the White House in Washington, D.C. was originally known as the Presidential Palace. It's also been known as the Presidential Mansion, the Executive Mansion, and the President's House. It didn't become officially known as the White House until the time of President Franklin D. Roosevelt in the 1930's.



★ WITH LIBERTY & JUSTICE FOR ALL ★

Tuesday, May 18
BREAKFAST
 Chicken Biscuit
LUNCH
 Chicken Fajita
 Or
 Steak "n" Cheese Sub
 Curly Fries
 Corn

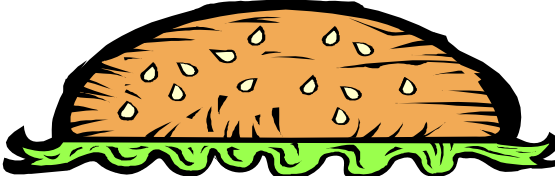
Wed., May 19
BREAKFAST
 French Toast Sticks
LUNCH
 Chicken O's w/Roll
 Or
 Hot Dog on Bun
 Baked Potato
 Broccoli
 Peaches

Thursday, May 20
BREAKFAST
 Bacon, Egg & Cheese Biscuit
LUNCH
 Pizza Pasta Bake w/ Garlic Bread
 Or
 Spaghetti O's w/ meatballs
 Tossed Salad
 Peaches
 Chocolate Pudding

Friday, May 21
BREAKFAST
 Sausage Biscuit
LUNCH
 Pizza
 Or
 Oriental Chicken Salad
 Applesauce
 Corn

Monday, May 24
BREAKFAST
 Breakfast Pizza
LUNCH
 Hot Dog on Bun
 Or
 Chili Cheese Dog
 Or
 BBQ on Bun
 Potato Tots
 Applesauce
 Cole Slaw

Tuesday, May 25
BREAKFAST
 Waffle Sticks
LUNCH
 Soft Taco
 Or
 Taco Salad
 Or
 Hot Pockets
 Corn
 Peaches



NUTRITION TO GO

Most beef hot dogs contain between 10 and 16 grams of fat. Hot dogs made from chicken or turkey usually contain about 6 to 10 grams. But if you choose lower-fat items to go along with it, you needn't worry about eating an occasional doggie this summer, no matter what its pedigree!

A TASTY MORSEL FOR PARENTS

Friday, May 28
BREAKFAST
 Sausage Biscuit
LUNCH
 Pizza
 Or
 Corn Dog Nuggets
 Pineapple
 Applesauce

MONDAY, MAY 31



MEMORIAL DAY

NO SCHOOL TODAY

"... we take increased devotion to that cause for which they gave the last full measure of devotion... that government of the people, by the people, for the people, shall not perish from the earth."
 - Abraham Lincoln