



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

Monday, May 17

LUNCH
Oriental Chicken Salad
Or
Pizza

Veg. Cup w/Dip
Orange Wedges

★ 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

LUNCH
BBQ on Bun
Or
Fish Sticks w/Corn Muffin

Cole Slaw
Curly Fries
Pears

Wed., May 19

LUNCH
Chicken Nuggets w/ Roll
Or
Cheeseburger on Bun

Macaroni & Cheese
Green Beans
Peaches

Thursday, May 20

LUNCH
Lasagna w/Garlic Bread
Or
Chicken Sandwich

Tossed Salad
Peaches

Friday, May 21

LUNCH
Chicken Cobb Salad Wrap
Or
Cheeseburger on Bun

Pasta Salad
Pineapple

Monday, May 24

LUNCH
Spaghetti w/Meat Sauce and Garlic Bread
Or
Chicken Sandwich

Tossed Salad
Pineapple

Tuesday, May 25

LUNCH
Chicken O's w/Roll
Or
Cheeseburger on Bun

Parsley Potatoes
Corn
Pears

Wed., May 26

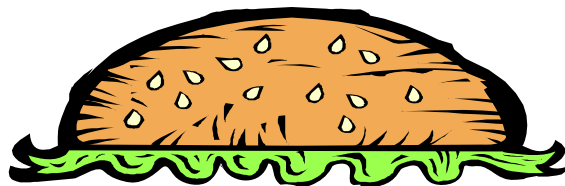
LUNCH
Soft Taco
Or
Taco Salad
Or
Hot Pockets

Green Beans
Peaches

Thursday, May 27

LUNCH
Fried Chicken w/Roll
Or
Cheeseburger on Bun
Or
Pizza

Mashed Potatoes
Green Beans
Chocolate Cake



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

LUNCH
Pizza
Or
Chicken Sandwich
Or
Chili Cheese Dog

Tossed Salad
Fruit Cup

MONDAY, MAY 31



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