

# 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

**I**n 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 Poopers  
Sloppy Joe

**Choose Two:**

Mashed Potatoes w/Gravy  
Broccoli

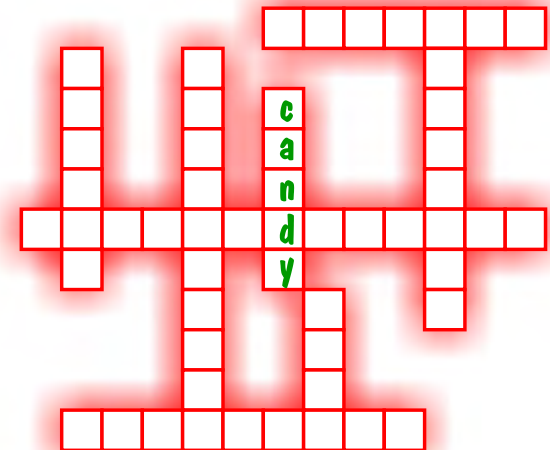
**Choose One:**

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](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](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