

# Menus for May 2014

**Kenai Peninsula Borough School District**



*This institution is an equal opportunity provider and employer.*

**Thursday, May 1**

Spaghetti  
& Meat Balls  
w/bread stick

Green Beans  
Banana  
Chilled Peaches  
Milk

**Friday, May 2**

WG Maple Glaze  
French Toast  
w/ Sausage Link

Tater Tots  
Orange Wedges  
100% Fruit Juice  
Milk

## ADDITION BY SUBTRACTION.

Perhaps the single best way to ADD to your good health is to SUBTRACT one item from your diet: ADDED SUGAR. Nutritionists recommend that we get no more than 5-10% of daily calories from added sugar -- about 25-50 grams per day (6-12 teaspoons). Sound like a lot? A single 12-oz. soda contains 40 grams.

That's like eating

10 sugar  
packs!



And you'll also find added sugar in lots of places you might not expect -- ketchup, BBQ sauce, bread, cereal (even those marketed as "healthy"), vitamin water, protein and granola bars, sports drinks -- even spaghetti sauce. New regulations will require that added sugar be listed separately on nutrition labels. But for now, check the label for total sugar. And choose whole, unprocessed food when you can.

**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.**  
**WELLNESS IS A WAY OF LIFE!**

**Monday, May 5**

Chicken Fried Beef  
w/ Fried Rice

Carrots N Dip  
Strawberry Cup  
Diced Pears  
Milk

**Tuesday, May 6**

Sloppy Joe Manwich

Corn  
KK Fries  
Mixed Fruit  
Milk

**Wednesday, May 7**

BBQ Pulled Chicken  
Sandwich

Wedge Potato  
Green Beans  
100% Juice  
Milk

**Thursday, May 8**

Taco Beef & Bean  
Lettuce/Tomato Mix

Refried Beans  
Orange Wedges  
Sugar Cookie  
Whole Fruit Orange/  
Pineapple Swirl  
Milk

**Friday, May 9**

Teriyaki Asian  
Chicken or  
Cook's Choice

Chow Mein Noodles  
Pineapple  
100% Fruit Juice  
Milk

**Monday, May 12**

Breaded Chicken  
Sandwich

Baked Beans  
Carrots N Dip  
Juice  
Milk

**Tuesday, May 13**

Chicken Nuggets  
W/Rice

Chilled Pears  
Baked Sweet  
Potato & Apple  
Applesauce  
Milk

**Wednesday, May 14**

Chicken Fajita &  
Bean Quesadilla

Tater Tots  
Romaine Salad  
Juice  
Milk

**Thursday, May 15**

Beef & Bean  
Burrito

Banana  
Steamed Broccoli  
Chilled Peaches  
Milk

**Friday, May 16**

Sliders  
or  
Cook's Choice

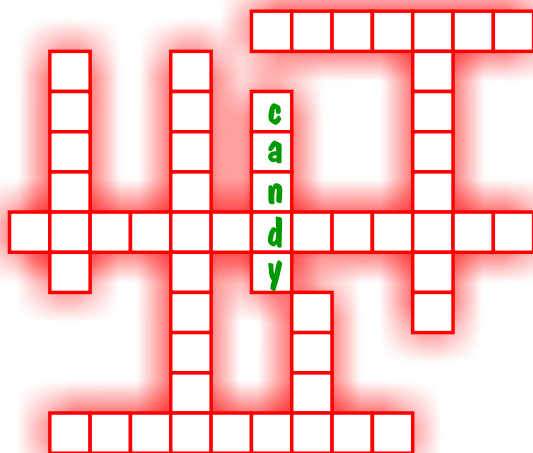
Tater Tots  
Pineapple  
Juice  
Milk





# 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.**

- |   |                                   |
|---|-----------------------------------|
| <b>Soda</b> 10 teaspoons added sugar    | <b>Ice Cream</b> 10 teaspoons     |
| <b>Milk Shake</b> 25 teaspoons          | <b>Cookies</b> 2-8 teaspoons      |
| <b>Candy</b> (1 package) 5-10 teaspoons | <b>Frosted Cereal</b> 3 teaspoons |
| <b>Fruit Drink</b> 4-8 teaspoons        | <b>Pastry</b> 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 19**

Cook's Choice or  
Teriyaki Fingers  
w/Chow Mein  
noodles

Santa Fe Veggies  
Mandarin Orange  
Pieces  
100% Juice  
Milk

**Tuesday, May 20**

Cook's Choice or  
Pollock Hoagie

Baked Beans  
Mixed Fruit  
100% Fruit Juice  
Milk

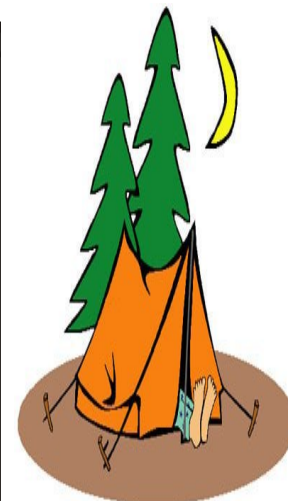
**Wednesday, May 21**

Cook's Choice

Fruit  
Vegetable  
Milk

**Thursday, May 22**

School  
is  
Out  
for  
Summer!



**Monday, May 26**



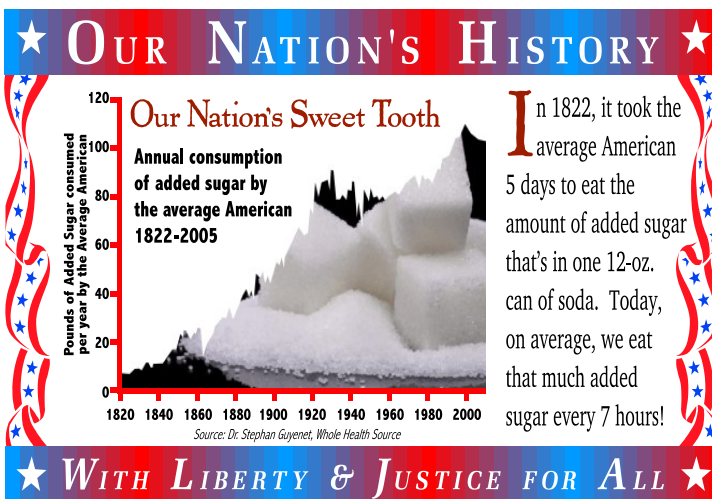
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**NUTRITION TO GO**

Researchers have consistently noted higher rates of osteoporosis (weak bones) among people who drink a lot of soda (regular or sugar-free). No substance in soda has been found to directly cause loss of bone density, but researchers believe soda takes the place of other drinks (like milk and fortified OJ) that contain the calcium we need for strong bones.

**A TASTY MORSEL FOR PARENTS**



**Have a great summer!!**

