



## What's on **YOUR** plate?



## 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 the same sweetness without the side effects? Get your sugar the natural way – from fresh fruit.

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)

### 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.

**Monday, May 15**

**Breakfast**  
Breakfast Pizza

**Lunch**  
-Cheese Pizza  
-Hot Dog on Bun  
-Popcorn Chicken Salad & Bosco Stick  
-Deli Sandwich  
Baby Carrots  
Mixed Fruit  
Cold Milk

**Tuesday, May 16**

**Breakfast**  
Sausage Biscuit

**Lunch**  
-Chicken Strips & Waffles  
-Turkey & Cheese Croissant  
-Caesar Salad & Bosco Stick  
-Deli Sandwich  
Baked Beans  
Chilled Applesauce  
Cold Milk

**Wednesday, May 17**

**Breakfast**  
Blueberry Parfait & Nutri-grain Bar  
**Lunch**  
-Mozzarella Sticks & Dipping Sauce  
-Hamburger  
-Chef Salad & Bosco Stick  
-Deli Sandwich  
Mixed Vegetables  
Strawberry Cup  
Cold Milk

**Thursday, May 18**

**Breakfast**  
Waffle Sausage Sandwich  
**Lunch**  
-Orange Chicken & Fried Rice  
-Sub Sandwich  
-Caesar Salad & Bosco Stick  
-Deli Sandwich  
Fresh Broccoli  
Apple Slices  
Fortune Cookie  
Cold Milk

**Friday, May 19**

**Breakfast**  
Banana Bread with Chocolate Chips  
**Lunch**  
-Oven Roasted Chicken & Roll  
-Sloppy Joe Sandwich  
-Chef Salad & Bosco Stick  
-Deli Sandwich  
Mashed Potatoes & Gravy  
Orange Smiles  
Cold Milk

**Monday, May 22**

**Breakfast**  
Chicken Biscuit

**Lunch**  
-Pepperoni Pizza  
-Corn Dog  
-Popcorn Chicken Salad & Bosco Stick  
-Deli Sandwich  
Seasoned Carrots  
Chilled Pears  
Cold Milk

**Tuesday, May 23**

**Breakfast**  
Pop Tarts

**Lunch**  
-Sausage, Egg & Cheese Croissant  
-Grilled Chicken Sandwich  
-Caesar Salad & Bosco Stick  
-Deli Sandwich  
Tator Tots  
Chilled Applesauce  
Cold Milk

**Wednesday, May 24**

**Breakfast**  
Pancake & Sausage Wrap  
**Lunch**  
-Popcorn Chicken with Pretzel Bites & Cheddar Cheese Sauce  
-BBQ Pork Sandwich  
-Chef Salad & Bosco Stick  
-Deli Sandwich  
Celery Sticks  
Sweet Craisins  
Cold Milk

**Thursday, May 25**

**Breakfast**  
Blueberry Muffins  
**Lunch**  
-Cheeseburger Hot & Spicy Chicken Sandwich  
-Caesar Salad & Bosco Stick  
-Deli Sandwich  
Fresh Broccoli  
Chilled Peaches  
Cold Milk

**Friday, May 26**

**Breakfast**  
Cheesy Scrambled Eggs & Biscuit  
**Lunch**  
-Soft Beef Tacos & Fish Sticks  
-Fish Sticks & Cornbread Muffin  
-Chef Salad & Bosco Stick  
-Deli Sandwich  
Fiesta Beans  
Fresh Apple  
Cold Milk

**Monday, May 29**



**Tuesday, May 30**

**Breakfast**  
Bacon, Egg & Cheese Biscuit  
**Early Dismissal**  
No Lunch

# HAVE A GREAT SUMMER!

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