

Monday, May 13

**Breakfast**

Pancake & Sausage  
on Stick-P

**Lunch**

-Chicken Strips & Waffles  
-Turkey & Cheese Croissant  
-Popcorn Chicken Salad  
& Bosco Stick  
-Deli Sandwich  
Baby Carrots  
Sweet Corn  
Mixed Fruit  
Cold Milk

Tuesday, May 14

**Breakfast**

Sausage Biscuit-P

**Lunch**

-Hot Dog on Bun  
-Chicken Quesadilla  
-Italian Salad & Bosco Stick-P  
-Deli Sandwich  
Baby Carrots  
Apple Juice  
Fruit Snacks  
Cold Milk

Wednesday, May 15

**Breakfast**

Blueberry Muffins

**Lunch**

-Orange Chicken  
& Fried Rice  
-Hamburger on Bun  
-Chef Salad & Bosco Stick  
-Deli Sandwich  
Steamed Broccoli  
Pineapple Tidbits  
Fortune Cookie  
Cold Milk

Thursday, May 16

**Breakfast**

Breakfast Pizza-P

**Lunch**

-Baked Potato, Cheese,  
Margarine & Bosco Stick  
-BBQ Ribette Sandwich-P  
-Italian Salad & Bosco Stick-P  
-Deli Sandwich  
Green Beans  
Chilled Applesauce  
Cold Milk

Friday, May 17

**Breakfast**

Cheesy Omelet & Biscuit

**Lunch**

-Cheesy Beef Nachos  
-Grilled Chicken Sandwich  
-Chef Salad & Bosco Stick  
-Deli Sandwich  
Ranchero Beans  
Fresh Apple  
Cold Milk

Monday, May 20

**Breakfast**

Cheesy Chicken Biscuit

**Lunch**

-Pepperoni Pizza-P  
-Mini Corn Dogs  
-Popcorn Chicken Salad  
& Bosco Stick  
-Deli Sandwich  
Green Beans  
Frozen Juice Cup  
Cold Milk

Tuesday, May 21

**Breakfast**

Strawberry Cream  
Cheese Bagel

**Lunch**

-Sausage, Egg & Cheese  
Croissant -P  
-Turkey & Cheese Wrap  
-Italian Salad & Bosco Stick-P  
-Deli Sandwich  
Emoji Potatoes  
Chilled Applesauce  
Cold Milk

Wednesday, May 22

**Breakfast**

Bacon, Egg & Cheese Biscuit-P

**Lunch**

Field Day  
-Cook's Choice

Thursday, May 23

**Breakfast**

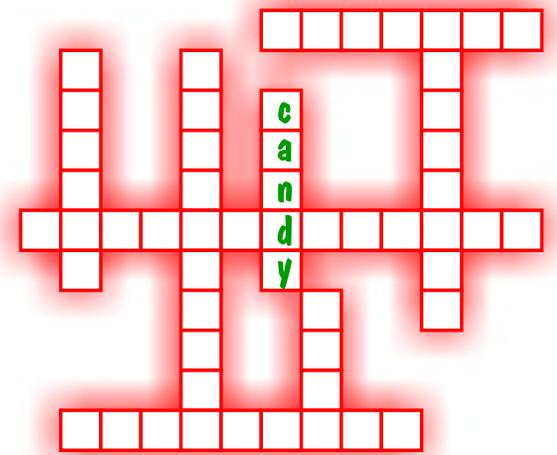
French Toast Sticks & Syrup

No Lunch



# 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)

# HAVE A GREAT SUMMER!

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

### 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.