

# Menus for Middle School May 2024



## Roseville City School District

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 ★



**Wednesday, May 1**

**Breakfast**  
BREAKFAST SANDWICH OR CONTINENTAL BREAKFAST

**Lunch**  
BREAKFAST FOR LUNCH (MINI PANCAKES, HASHBROWN & YOGURT) OR PEPPERONI PIZZA

**Thursday, May 2**

**Breakfast**  
MINI PANCAKES OR CONTINENTAL BREAKFAST

**Lunch**  
CHEESEY BREADSTICKS OR TERIYAKI CHICKEN BOWL

**Friday, May 3**

**Breakfast**  
CINNAMON ROLL OR CONTINENTAL BREAKFAST

**Lunch**  
CHEESE PIZZA OR CHICKEN PATTY SANDWICH  
  
COOKIE

**Monday, May 6**

**Breakfast**  
BREAKFAST PIZZA OR CONTINENTAL BREAKFAST

**Lunch**  
BEAN AND CHEESE BURRITO OR CHEESEBURGER & FRIES

**Tuesday, May 7**

**Breakfast**  
YOGURT PARFAIT OR CONTINENTAL BREAKFAST

**Lunch**  
GRILLED CHEESE SANDWICH OR BEEF TACO

**Wednesday, May 8**

**Breakfast**  
SCONES OR CONTINENTAL BREAKFAST

**Lunch**  
BREAKFAST FOR LUNCH (MINI PANCAKES, HASHBROWN & YOGURT) OR MAC AND CHEESE

**Thursday, May 9**

**Breakfast**  
CINNI MINI OR CONTINENTAL BREAKFAST

**Lunch**  
CHEESEY BREADSTICKS OR ORANGE CHICKEN BOWL

**Friday, May 10**

**Breakfast**  
FRENCH TOAST STICKS OR CONTINENTAL BREAKFAST

**Lunch**  
CHEESE PIZZA OR CHICKEN NUGGETS  
  
COOKIE

# 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. Added sugar is required to be listed separately on nutrition labels. So get in the habit of checking that out! And choose whole, natural, unprocessed food when you can.

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

Monday, May 13

**Breakfast**

MINI WAFFLES  
OR  
CONTINENTAL  
BREAKFAST

**Lunch**

BEAN AND CHEESE  
BURRITO  
OR  
PASTA WITH MEAT  
SAUCE

Tuesday, May 14

**Breakfast**

CHEESEY  
BREADSTICKS  
OR  
CONTINENTAL  
BREAKFAST

**Lunch**

GRILLED CHEESE  
SANDWICH  
OR  
CRUNCHY FISH STICKS  
& CHIPS

Wednesday, May 15

**Breakfast**

BREAKFAST  
SANDWICH  
OR  
CONTINENTAL  
BREAKFAST

**Lunch**

BREAKFAST FOR LUNCH  
(MINI PANCAKES,  
HASHBROWN &  
YOGURT)  
OR  
PEPPERONI PIZZA

Thursday, May 16

**Breakfast**

MINI PANCAKES  
OR  
CONTINENTAL  
BREAKFAST

**Lunch**

CHEESEY  
BREADSTICKS  
OR  
TERIYAKI CHICKEN  
BOWL

Friday, May 17

**Breakfast**

CINNAMON ROLL  
OR  
CONTINENTAL  
BREAKFAST

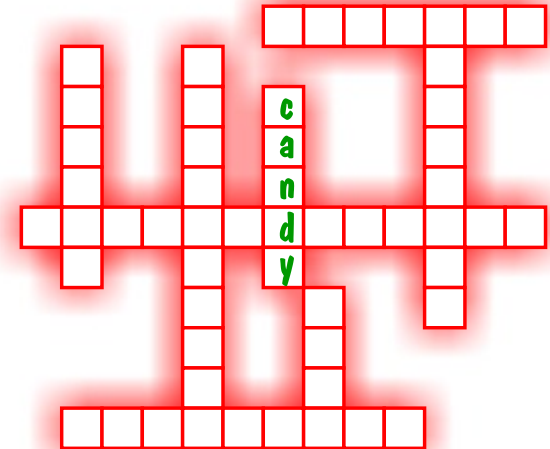
**Lunch**

CHEESE PIZZA  
OR  
CHICKEN PATTY  
SANDWICH  
  
COOKIE



# 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**

BREAKFAST PIZZA  
OR  
CONTINENTAL  
BREAKFAST

**Lunch**

BEAN AND CHEESE  
BURRITO  
OR  
CHEESEBURGER &  
FRIES

Tuesday, May 21

**Breakfast**

YOGURT PARFAIT  
OR  
CONTINENTAL  
BREAKFAST

**Lunch**

GRILLED CHEESE  
SANDWICH  
OR  
BEEF TACO

Wednesday, May 22

**Breakfast**

SCONES  
OR  
CONTINENTAL  
BREAKFAST

**Lunch**

BREAKFAST FOR LUNCH  
(MINI PANCAKES,  
HASHBROWN &  
YOGURT)  
OR  
MAC AND CHEESE

Thursday, May 23

**Breakfast**

CINNI MINI  
OR  
CONTINENTAL  
BREAKFAST

**Lunch**

CHEESEY  
BREADSTICKS  
OR  
ORANGE CHICKEN  
BOWL

Friday, May 24

**Breakfast**

FRENCH TOAST  
STICKS OR  
CONTINENTAL  
BREAKFAST

**Lunch**

CHEESE PIZZA  
OR  
CHICKEN NUGGETS  
  
COOKIE

Monday, May 27



Tuesday, May 28

**Breakfast**

CHEESEY  
BREADSTICKS  
OR  
CONTINENTAL  
BREAKFAST

**Lunch**

GRILLED CHEESE  
SANDWICH  
OR  
CRUNCHY FISH STICKS  
& CHIPS

Wednesday, May 29

**Breakfast**

BREAKFAST  
SANDWICH  
OR  
CONTINENTAL  
BREAKFAST

**Lunch**

BREAKFAST FOR LUNCH  
(MINI PANCAKES,  
HASHBROWN &  
YOGURT)  
OR  
PEPPERONI PIZZA

Thursday, May 30

**Breakfast**

MINI PANCAKES  
OR  
CONTINENTAL  
BREAKFAST

**Lunch**

CHEESEY  
BREADSTICKS  
OR  
TERIYAKI CHICKEN  
BOWL

