

Menus for May 2024



Newport News Public Schools Enterprise & New Horizons
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

In 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 Uncrustable**
- Yogurt w/String Cheese w/Cheez-its**
- Baby Carrots-Garden Salad**
- Apple Slices-Cut up Fruit**
- Whole Fresh Fruit**
- Nonfat White, Low-fat White**
- And Low-fat Chocolate Milk**
- *Menu item may contain pork**

Wednesday, May 1

Breakfast
Waffle Envy
Fruit-Juice-Milk

Lunch
Nachos w/Roll
Boneless Chicken Wings, Roll

Choose Two:
Refried Beans
Roasted Carrot Sticks

Choose Two:
Pear cup
Whole Fresh Fruit

Thursday, May 2

Breakfast
Zee Zee's Smore Bar
Fruit-Juice-Milk

Lunch
Beef Hot Dog on Bun w/Chili & Cheese
Pizza Crunchers

Choose Two:
Mashed Potatoes w/Gravy
Baked Beans

Choose Two:
Mandarin Orange Cup
Whole Fresh Fruit

Friday, May 3

Breakfast
Smoothie w/Muffin
Fruit-Milk

Lunch
Crispy Chicken Patty on Bun
Garlic French Bread

Choose Two:
French Fries
Mixed Vegetables

Choose Two:
Mixed Berry Fruit Cup
Whole Fresh Fruit

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
CornDog Nuggets
Manager's Choice

Choose Two:
Potatoes Au gratin
Green Beans

Choose Two:
Applesauce Cup
Whole Fresh Fruit

Tuesday, May 7

Breakfast
Dunkin Stick
Fruit-Juice-Milk

Lunch
Sal's Pizza
Chicken Nuggets w/Roll

Choose Two:
Corn
Spinach

Choose Two:
Pineapple Cup
Whole Fresh Fruit

Wednesday, May 8

Breakfast
Bacon Breakfast Pocket*
Fruit-Juice-Milk

Lunch
Crispy Chicken Patty on Bun
Beef Sliders

Choose Two:
Fiesta Black Beans
Roasted Butternut Squash

Choose Two:
Dole Fruit Gel Cup
Whole Fresh Fruit

Thursday, May 9

Breakfast
Asst. Mini Pancakes
Fruit-Juice-Milk

Lunch
Cheese Stuffed Bread Sticks
Pretzel Dog

Choose Two:
Broccoli
Tomato Soup

Choose Two:
Peach Cup
Whole Fresh Fruit

Friday, May 10

Breakfast
Breakfast Benefit Bar
Fruit-Juice-Milk

Lunch
Mozzarella Cheese Sticks
Chicken & Waffles

Choose Two:
Cole Slaw
French Fries

Choose Two:
Pear Cup
Whole Fresh Fruit

Happy Mother's Day

Sunday, May 12

Monday, May 13

Breakfast

Breakfast Brea
Fruit-Juice-Milk

Lunch

Stuffed Crust Pizza
Fiesta Hot Pocket

Choose Two:

Broccoli
Sweet Potatoes

Choose Two:

Mandarin Orange Cup
Whole Fresh Fruit

Tuesday, May 14

Breakfast

Sausage & Cheese Waffle
Fruit-Juice-Milk

Lunch

Popcorn Chicken Bowl, Roll
Pizza Calzone

Choose Two:

Mashed Potatoes w/Gravy
Corn

Choose Two:

Dole Fruit Gel Cup
Whole Fresh Fruit

Wednesday, May 15

Breakfast

Waffle Envy
Fruit-Juice-Milk

Lunch

Bacon Cheeseburger*
Chicken Wings w/Muffin

Choose Two:

Onion Rings & Hash Brown
Baked Beans

Choose Two:

Applesauce Cup
Whole Fresh Fruit

Thursday, May 16

Breakfast

Zee Zee's Smore Bar
Fruit-Juice-Milk

Lunch

Spicy Chicken Patty on Bun
Breakfast for Lunch*
w/Apple Cinnamon
Texas Toast

Choose Two:

Hash Browns
Collard Greens

Choose Two:

Spiced Apples, Fresh Fruit

Friday, May 17

Breakfast

Smoothie w/Muffin
Fruit-Milk

Lunch

Chicken Parmesan
w/Garlic Stick
Individual Pizza Pie

Choose Two:

Steamed Cabbage
French Fries

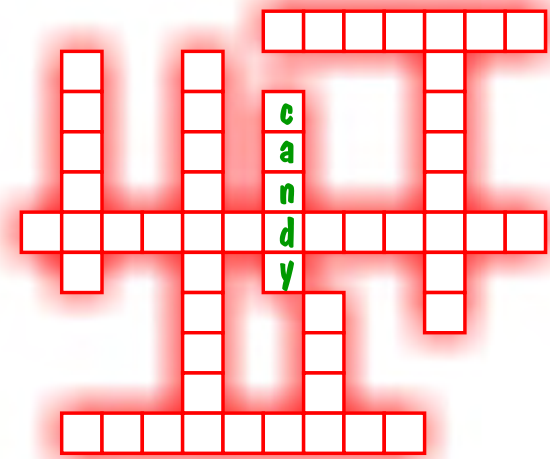
Choose Two:

Pineapple Cup
Whole Fresh Fruit



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 or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, May 20

Breakfast

Banana Bread
Fruit-Juice-Milk

Lunch

Buffalo Chicken Pizza
Meatball Sub

Choose Two:

Sweet Potato Waffle Fries
Green Peas

Choose Two:

Dole Fruit Gel Cup
Whole Fresh Fruit

Tuesday, May 21

Breakfast

Dunkin Stick
Fruit-Juice-Milk

Lunch

Teriyaki Chicken Bowl
w/Fried Rice & Roll
Stromboli*

Choose Two:

Corn
Broccoli

Choose Two:

Peach Cup
Whole Fresh Fruit

Wednesday, May 22

Breakfast

Bacon Breakfast Pocket*
Fruit-Juice-Milk

Lunch

Nachos w/Roll
Boneless Chicken Wings
w/Roll

Choose Two:

Refried Beans
Roasted Carrot Sticks

Choose Two:

Pear Cup
Whole Fresh Fruit

Thursday, May 23

Breakfast

Asst. Mini Pancakes
Fruit-Juice-Milk

Lunch

Beef Hot Dog on Bun
w/Chili & cheese
Pizza Crunchers

Choose Two:

Mashed Potatoes w/Gravy
Baked Beans

Choose Two:

Mandarin Orange Cup
Whole Fresh Fruit

Friday, May 24

Breakfast

Breakfast Benefit Bar
Fruit-Juice-Milk

Lunch

Crispy Chicken Patty on Bun
Garlic French Bread

Choose Two:

French Fries
Mixed Vegetables

Choose Two:

Mixed Berry Fruit Cup
Whole fresh Fruit

Monday, May 27



Tuesday, May 28

Breakfast

Sausage & Cheese Waffle*
Fruit-Juice-Milk

Lunch

Sal's Pizza
Chicken Nuggets w/Roll

Choose Two:

Corn
Spinach

Choose Two:

Pineapple Cup
Whole Fresh Fruit

Wednesday, May 28

Breakfast

Waffle Envy
Fruit-Juice-Milk

Lunch

Crispy Chicken Patty on Bun
Beef Sliders

Choose Two:

Fiesta Black Beans
Roasted Butternut Squash

Choose Two:

Dole Fruit Gel Cup
Whole Fresh Fruit

Thursday, May 30

Breakfast

Zee Zee's Smore Bar
Fruit-Juice-Milk

Lunch

Cheese Stuffed Bread Sticks
Pretzel Dog

Choose Two:

Broccoli
Tomato Soup

Choose Two:

Peach Cup
Whole Fresh Fruit

Friday, May 31

Breakfast

Smoothie w/Muffin
Fruit-Milk

Lunch

Mozzarella Cheese Sticks
Chicken & Waffles

Choose Two:

Cole Slaw
French Fries

Choose Two:

Pear Cup
Whole Fresh Fruit