

# Menus for May 2024



## Torrington Public Schools

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 ★



### Wednesday, May 1

#### Breakfast

Cinnamon Roll  
Fruit/Juice  
Milk

#### Lunch

Chicken Nuggets  
Or  
Boars Head Ham & Cheese  
Steamed Green Beans  
Soft Pretzel

### Thursday, May 2

#### Breakfast

Pancakes  
Fruit/Juice  
Milk

#### Lunch

Beef Tacos w/ Lettuce,  
Tomato, Cheese & Salsa  
Or  
Boars Head Turkey & Cheese  
Steamed Brown Rice  
Steamed Mixed Vegetables

### Friday, May 3

#### Breakfast

Apple Frudel  
Fruit/Juice  
Milk

#### Lunch

Pizza  
Or  
Boars Head Ham & Cheese  
Romaine Lettuce Salad

## Available Daily

### Alternate Meals:

- ◆ Chef Salad
- ◆ SBJ/PBJ
- ◆ Bagel Box

### Your complete lunch will also include:

Rainbow Tray including:  
Locally Grown Fruits and Veggies (when Available) as well as Canned

8 oz Milk (Lowfat White or Flavored )

### Monday, May 6

#### Breakfast

Assorted Bread  
Fruit/Juice  
Milk

#### Lunch

Corn Dog Nuggets  
Or  
Boars Head Turkey & Cheese  
Vegetarian Baked Beans  
Sweet Potato Lattice Fries

### Tuesday, May 7

#### Breakfast

Cinnamon Crumb Cake  
Fruit/Juice  
Milk

#### Lunch

Waffles with Syrup  
Or  
Boars Head Ham & Cheese  
Turkey Sausage Patty  
Potato Smiles

### Wednesday, May 8

#### Breakfast

Breakfast Pizza  
Fruit/Juice  
Milk

#### Lunch

Chicken Nuggets  
Or  
Boars Head Turkey & Cheese  
Dinner Roll  
Mashed Potatoes  
Green Beans

### Thursday, May 9

#### Breakfast

Assorted Muffins  
Fruit/Juice  
Milk

#### Lunch

Mozzarella Sticks w/  
marinara  
Or  
Boars Head Ham & Cheese  
Fresh Steamed Broccoli

### Friday, May 10

#### Breakfast

Assorted Donuts  
Fruit/Juice  
Milk

#### Lunch

Cheese Pizza  
Or  
Boars Head Turkey & Cheese  
Mixed Salad w/ Tomatoes

Monday, May 13

**Breakfast**

Mini Cornbread Loaf  
Fruit/Juice  
Milk

**Lunch**

Hot Dog on a Whole Wheat Roll  
Or  
Boars Head Ham & Cheese Baked Beans  
Steamed Carrots

Tuesday, May 14

**Breakfast**

Breakfast Bar  
Fruit/Juice  
Milk

**Lunch**

Chicken Tenders  
Or  
Boars Head Turkey & Cheese Baked Sweet Potato Fries

Wednesday, May 15

**Breakfast**

Bagel w/ Cream Cheese  
Fruit/Juice  
Milk

**Lunch**

Hamburger or Cheeseburger  
Or  
Boars Head Ham & Cheese Oven Fries  
Steamed Sweet Corn

Thursday, May 16

**Breakfast**

Egg & Cheese on an English Muffin  
Fruit/Juice  
Milk

**Lunch**

Mac & Cheese  
Or  
Boars Head Turkey & Cheese Dinner Roll  
Steamed Broccoli

Friday, May 17

**Breakfast**

Cinnamon French Toast  
Fruit/Juice  
Milk

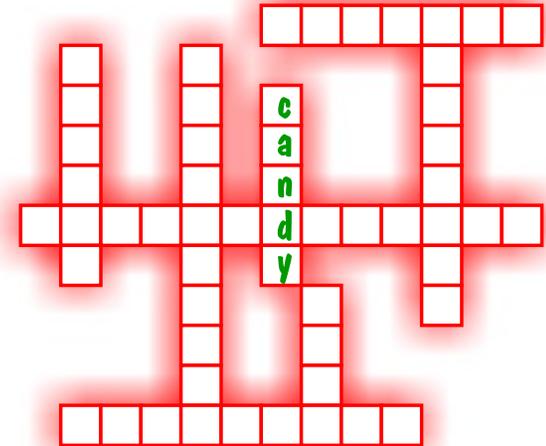
**Lunch**

Personal Pizza  
Or  
Boars Head Ham & Cheese Mixed Greens Salad w/ Tomatoes



# 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**

Assorted Muffins  
Fruit/Juice  
Milk

**Lunch**

Chicken Nuggets  
Or  
Boars Head Turkey & Cheese Sweet Potato Fries

Tuesday, May 21

**Breakfast**

Breakfast Bar  
Fruit/Juice  
Milk

**Lunch**

Tacos w/ Lettuce, Tomato, Cheese and Salsa  
Or  
Boars Head Ham & Cheese Sweet Corn  
Brown Rice

Wednesday, May 22

**Breakfast**

Cinnamon Crumb Cake  
Fruit/Juice  
Milk

**Lunch**

Pizza Crunchers  
Or  
Boars Head Turkey & Cheese Fresh Steamed Broccoli

Thursday, May 23

**Breakfast**

Snackin Waffle  
Fruit/Juice  
Milk

**Lunch**

Chicken & Vegetable Dumpling  
Or  
Boars Head Ham & Cheese Sweet & Sour Sauce  
Brown Rice  
Oriental Vegetable

Friday, May 24

**Breakfast**

Apple Frudel  
Fruit/Juice  
Milk

**Lunch**

Stuffed Crust Pizza  
Or  
Boars Head Turkey & Cheese Garden Salad

Monday, May 27



Tuesday, May 28

**Breakfast**

Maple Pancake  
Fruit/Juice  
Milk

**Lunch**

French Toast Sticks  
Or  
Boars Head Ham & Cheese Turkey Sausage Patty  
Hash Brown Potatoes

Wednesday, May 29

**Breakfast**

Breakfast Pizza  
Fruit/Juice  
Milk

**Lunch**

Chicken Street Tacos  
or  
Boars Head Turkey & Cheese Seasoned Brown Rice

Thursday, May 30

**Breakfast**

Assorted Donuts  
Fruit/Juice  
Milk

**Lunch**

Hot Dog on a roll  
Or  
Boars Head Ham & Cheese Baked Beans

Friday, May 31

**Breakfast**

Assorted Breads  
Fruit/Juice  
Milk

**Lunch**

Cheese Pizza  
or  
Boars Head Turkey & Cheese Garden Salad