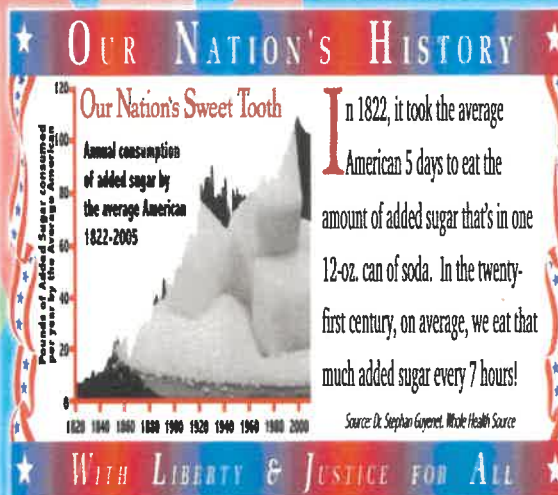


Menus for May 2024



Ganado Unified School District #20

This institution is an equal opportunity provider. Menus are subject to change.

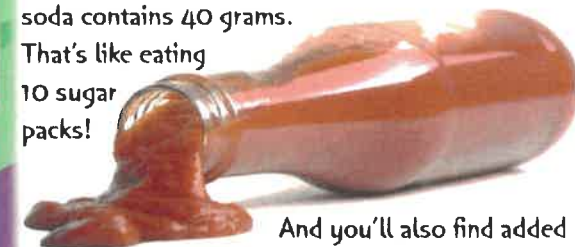


ADDITION BY SUBTRACTION.

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!



Wednesday, May 1

Breakfast

Breakfast Burrito,
Fresh Salsa,
Orange Slices
Choice of Milk

Lunch

Chicken Nuggets
Dinner Roll
Mixed Vegetables
Carrot Sticks
Fresh Fruit
Choice of Milk
HS, MS Alternate Choice

Thursday, May 2

Breakfast

Toasted English
Muffin, Hash Brown
Casserole, Asst Berries,
Choice of Milk

Lunch

Frito Chili Pie
Shred Lettuce/Tomato
Shred Cheese
Cut Corn
Fresh Fruit
Choice of Milk
HS, MS Alternate Choice

Friday, May 3

Breakfast

Brown Rice with
Raisins, Scrambled
Eggs, Fresh Fruits
Choice of Milk

Lunch

Chicken Enchilada
Cilantro Lime Br. Rice
Refried Beans
Mexicali Corn
Fruit Mix
Choice of Milk
HS, MS Alternate Choice

Monday, May 6

Breakfast

Baked French Toast,
Syrup, Sausage Patty,
Fresh Fruit
Choice of Milk

Lunch

Turkey Deli Wrap
Green Leaf,
Celery Sticks
Potato Wedges
Fresh Orange
Choice of Milk
HS, MS Alternate Choice

Tuesday, May 7

Breakfast

Sausage Gravy Over
WG Biscuits,
Fresh Banana,
Choice of Milk

Lunch

Beef Taco's
Shred Lettuce, Tomato
Spanish Rice
Refried Beans
Fresh Apple
Choice of Milk
HS, MS Alternate Choice

Wednesday, May 8

Breakfast

Yellow Cornmeal,
Graham Crackers,
Fresh Pears,
Choice of Milk

Lunch

Grilled Ham& Cheese
Celery Sticks
Pasta Salad
Fresh Fruit
Choice of Milk
HS, MS Alternate Choice

Thursday, May 9

Breakfast

Scrambles Eggs w/
Sausage, WG Toast,
Jam, Fresh Fruits
Choice of Milk

Lunch

Spaghetti Noodles
w/Meat Sauce
Green Beans
WG Bread Stick
Fresh Fruit
Choice of Milk
HS, MS Alternate Choice

Friday, May 10

Breakfast

Blueberry Muffin,
Yogurt, Asst. Juice,
Fresh Berries,
Choice of Milk

Lunch

WG Pepperoni Pizza
Romaine Salad
Ranch Dressing
Carrot Sticks
Fresh Fruit
Choice of Milk
HS, MS Alternate Choice

Available Daily

Middle & High School

Monday: Corndogs

Tuesday: Bean Burrto

Wednesday: Pepperoni Pizza

Thursday: Cook's Choice

Friday: Cook's Choice

(Menu are Subject to Change)

Monday, May 13

Breakfast

Egg & Sausage
Sandwich, Fresh Fruit,
Apple Juice
Choice of Milk

Lunch

Chili Beans
WG Cornbread
Tossed Salad
Ranch Dressing
Mixed Berries
Choice of Milk
HS,MS Alternate Choice

Tuesday, May 14

Breakfast

Hot or Cold Cereal,
WG Toast,
Fresh Banana
Choice of Milk

Lunch

Beef Stew
WG Frybread
Steamed Broccoli
Fresh Fruit
Choice of Milk
HS,MS Alternate Choice

Wednesday, May 15

Breakfast

PBJ Sandwich,
Assorted Juice,
Fruit Cup
Choice of Milk

Lunch

Chili Mac
Steamed Carrots
Celery Sticks
WG Garlic Bread Stick
Fresh Fruit
Choice of Milk
HS, MS Alternate Choice

Thursday, May 16

Breakfast

Cinnamon Rolls,
Boiled Egg, Tater Tots,
Fresh Fruit
Choice of Milk

Lunch

Chicken Wings
Tossed Salad
Celery Sticks
French Fries
Fresh Fruit
Choice of Milk
HS,MS Alternate Choice

Friday, May 17

Breakfast

Banana Muffin, Asst
Yogurt, Orange Slices,
Fresh Grapes
Choice of Milk

Lunch

Hotdog on a WG Bun
Baked Beans
French Fries
Celery Sticks
Fresh Fruit
Choice of Milk
HS,MS Alternate Choice

Monday, May 20

Breakfast

WG Bagel, Cream
cheese, Strawberry
Yogurt, Fruit Mix,
Choice of Milk

Lunch

BBQ Pork Sandwich
French Fries
Green Beans
Fresh Fruit
Choice of Milk

Tuesday, May 21

Manager's Choice



Wednesday, May 22

Manager's Choice



Thursday, May 23

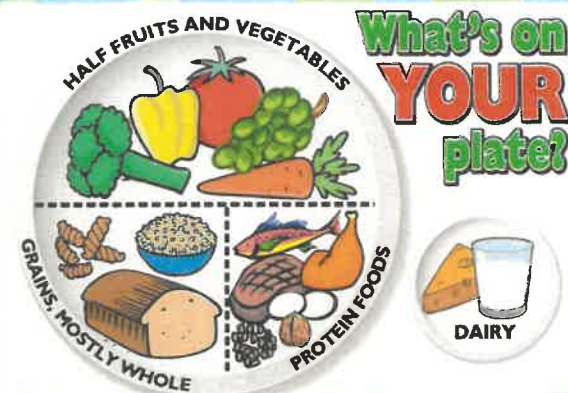
Manager's Choice



Friday, May 24

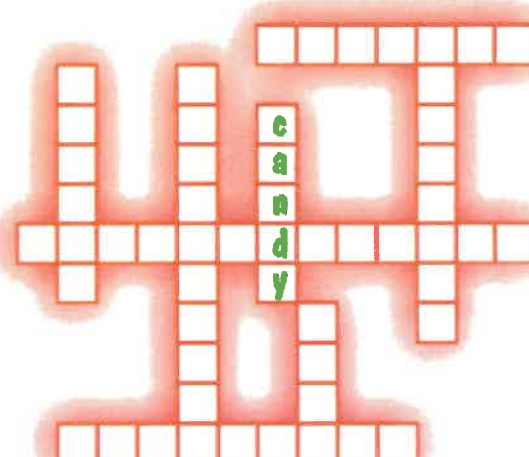
**8TH GRADE
PROMOTION AND
HIGH SCHOOL
GRADUATION**

*Congratulations and best
of luck to all members of
Class "2024"*



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



**SUMMER FOOD SERVICE PROGRAM
MAY 29-JUNE 20, 2024**

Serving Time & Location:

Breakfast 7:45-9:15 am

Lunch: 11:00am-1:00 pm

***Intermediate School Cafeteria,
High School Cafeteria,***

(18 Years and Younger eat for FREE)