

May 2024



St. Teresa School

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

NUTRITION TO GO

Pizza and fries – that has to be a junk food meal, right? WRONG! Kids love the taste of our pizza and fries, sure. But those items are also formulated to be healthier than you might assume, especially when they are part of a complete, nutritious meal like the meals we serve every day!

A QUICK BITE FOR PARENTS

Wednesday, May 1

- Lunch**
 -Chicken Nuggets & Macaroni
 -Ham & Cheese Croissant
 -Chef Salad & Bosco Stick
 -Deli Sandwich
 Sweet Corn
 Chilled Mixed Fruit
 Cold Milk

Thursday, May 2

- Lunch**
 -Bacon Cheeseburger
 -Grilled Chicken Sandwich
 -Italian Salad & Bosco Stick-P
 -Deli Sandwich
 Fresh Broccoli
 Chilled Pears
 Cold Milk

Friday, May 3

No Lunch
 Early Dismissal

P indicates the item contains Pork

Monday, May 6

- Lunch**
 -Cheese Pizza
 -Mini Corn Dogs
 -Popcorn Chicken Salad & Bosco Stick
 -Deli Sandwich
 Baby Carrots
 Craisins
 Cold Milk

Tuesday, May 7

- Lunch**
 -Popcorn Chicken & Roll
 -Sloppy Joe on Bun
 -Italian Salad & Bosco Stick-P
 -Deli Sandwich
 Mashed Potatoes & Gravy
 Fresh Pear
 Cold Milk

Wednesday, May 8

- Lunch**
 -Cheeseburger
 -Sub Sandwich
 -Chef Salad & Bosco Stick
 -Deli Sandwich
 Green Beans
 Chilled Applesauce
 Cold Milk

Thursday, May 9

- Lunch**
 -Toasted Ravioli & Bosco Stick
 -Hot & Spicy Chicken Sandwich
 -Italian Salad & Bosco Stick-P
 -Deli Sandwich
 Fresh Salad
 Chilled Peaches
 Cold Milk

Friday, May 10

- Lunch**
 -Soft Beef Tacos
 -Toasted Cheese Sandwich
 -Chef Salad & Bosco Stick
 -Deli Sandwich
 Baked Beans
 Orange Smiles
 Cold Milk



Monday, May 13

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

Tuesday, May 14

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

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

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

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

Monday, May 20

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

Tuesday, May 21

No Lunch
Early Dismissal

HAVE A GREAT SUMMER!

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

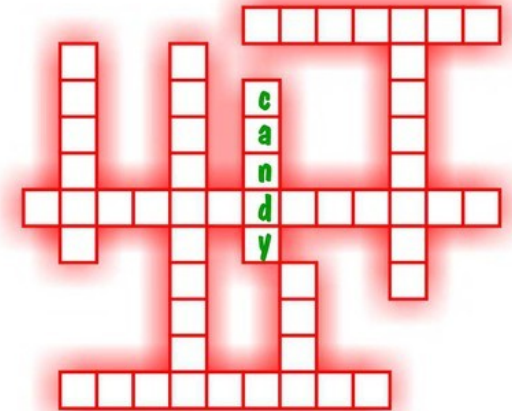
IF YOUR CHILD NEEDS SUMMER FOOD

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.



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 | Ice Cream 10 teaspoons |
| Milk Shake 25 teaspoons | Cookies 2-8 teaspoons |
| Candy (1 package) 5-10 teaspoons | Frosted Cereal 3 teaspoons |
| Fruit Drink 4-8 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