

Menus for May 2010



NESHAMINY ELEMENTARY SCHOOLS

This institution is an equal opportunity provider and employer.

Available Daily

Entrees:
Lunch May Include: Hot Dog, Burger, Hoagie, Sandwich, Salad Bar, Pizza, Bagel w/cream cheese and/or jelly.

Breakfast Choice:
May Include: Breakfast Sandwich, Cereal, Cereal Bar, Pop Tart, Bagel, Honey Wheat Breakfast Bun, Yogurt, French Toast Sticks, Fruit or Fruit Juice and Milk.



Cinco de Mayo (May 5th) celebrates a great Mexican military victory in 1862.

I LOVE YOU MOM!

MOTHER'S DAY MAY 9

Monday, May 3	Tuesday, May 4	Wed., May 5	Thursday, May 6	Friday, May 7
<p style="text-align: center;">Entree Popcorn Chicken <i>w/wo Dipping Sauce</i></p> <p style="text-align: center;">Sides Vegetable Choice Fruit Choice Milk Choice</p> <p>Must take an Entrée and at least 1 side</p>	<p style="text-align: center;">Entree Turkey Sandwich <i>w/wo Cheese</i></p> <p style="text-align: center;">Sides Vegetable Choice Fruit Choice Pudding Choice <i>w/wo Whipped Topping</i> Milk Choice</p> <p>Must take an Entrée and at least 2 sides</p>	<p style="text-align: center;">Entree Domino's Pizza</p> <p style="text-align: center;">Sides Vegetable Choice Fruit Choice Milk Choice</p> <p>Must take an Entrée and at least 1 side</p> <p style="text-align: center;">CINCO DE MAYO DAY!!</p>	<p style="text-align: center;">Entree Pasta Bar <i>w/wo Meatballs and/or Garlic Bread</i></p> <p style="text-align: center;">Sides Vegetable Choice Fruit Choice Milk Choice</p> <p>Must take an Entrée and at least 1 side</p>	<p style="text-align: center;">Entree Mozzarella Sticks <i>w/wo Dipping Sauce</i></p> <p style="text-align: center;">Sides Vegetable Choice Fruit Choice Milk Choice</p> <p>Must take an Entrée and at least 1 side</p>

GET DOWN WITH THE BROWN.

Whole grain foods (which are usually brown) are better for you than the white stuff. So when you can, try to choose whole wheat pasta and bread, whole grain cereal, and brown rice.



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

Monday, May 10	Tuesday, May 11	Wed., May 12	Thursday, May 13	Friday, May 14
<p style="text-align: center;">Entree MaxStix <i>w/wo Dipping Sauce</i></p> <p style="text-align: center;">Sides Vegetable Choice Fruit Choice Milk Choice</p> <p>Must take an Entrée and at least 1 side</p>	<p style="text-align: center;">Entree Chicken Nuggets <i>w/wo Dipping Sauce or Roll</i></p> <p style="text-align: center;">Sides Vegetable Choice Fruit Choice Milk Choice</p> <p>Must take an Entrée and at least 1 side</p>	<p style="text-align: center;">Entree Domino's Pizza</p> <p style="text-align: center;">Sides Vegetable Choice Fruit Choice Milk Choice</p> <p>Must take an Entrée and at least 1 side</p>	<p style="text-align: center;">Entree Nachos</p> <p style="text-align: center;">Sides Vegetable Choice Fruit Choice Milk Choice</p> <p>Must take an Entrée and at least 1 side</p>	<p style="text-align: center;">Entree Ham & Cheese on a Roll</p> <p style="text-align: center;">Sides Vegetable Choice Fruit Choice Jell-O <i>w/wo Whipped Topping</i> Milk Choice</p> <p>Must take an Entrée and at least 2 sides</p>

Monday, May 17

Entree
Chicken Fajitas

Sides
Vegetable Choice
Fruit Choice
Milk Choice

Must take an Entrée
and at least 1 side

Tuesday, May 18



No School Today

Wed., May 19

Entree
Domino's Pizza

Sides
Vegetable Choice
Fruit Choice
Milk Choice

Must take an Entrée
and at least 1 side

Thursday, May 20

Entree
Macaroni and Cheese

Sides
Vegetable Choice
Fruit Choice
Pudding Choice
w/wo Whipped Topping
Milk Choice

Must take an Entrée
and at least 2 sides

Friday, May 21

Entree
Chicken Patty Sandwich
w/wo Cheese or Roll

Sides
Vegetable Choice
Fruit Choice
Milk Choice

Must take an Entrée
and at least 1 side

Monday, May 24

Entree
Mini Corn Dogs
w/wo Dipping Sauce

Sides
Vegetable Choice
Fruit Choice
Milk Choice

Must take an Entrée
and at least 1 side

Tuesday, May 25

Entree
Manager's Choice

Sides
Vegetable Choice
Fruit Choice
Jell-O
w/wo Whipped Topping
Milk Choice

Must take an Entrée
and at least 2 sides

Wed., May 26

Entree
Domino's Pizza

Sides
Vegetable Choice
Fruit Choice
Milk Choice

Must take an Entrée
and at least 1 side

Thursday, May 27

Entree
Tacos
w/wo Taco Fixings

Sides
Vegetable Choice
Fruit Choice
Milk Choice

Must take an Entrée
and at least 1 side

Friday, May 28

Entree
Shrimp Popcorn
w/wo Dipping Sauce

Sides
Vegetable Choice
Fruit Choice
Milk Choice

Must take an Entrée
and at least 1 side



Q: How much sugar do you eat?



A: If you eat like most Americans, you consume over 20 teaspoons of added sugar every single day, or 115 pounds a year. That's just what we get from processed food and drinks, without ever actually dipping a spoon in the sugar bowl. Current guidelines recommend no more than 6-9 teaspoons of added sugar a day. Want sweetness without the side effects? Get your sugar the natural way – from fresh fruit.

LEARN MORE AT WWW.KIDSHEALTH.ORG/KID/STAY_HEALTHY/FOOD/PYRAMID.HTML

★ OUR NATION'S HISTORY ★

It doesn't sound very American, but the White House in Washington, D.C. was originally known as the Presidential Palace. It's also been known as the Presidential Mansion, the Executive Mansion, and the President's House. It didn't become officially known as the White House until the time of President Franklin D. Roosevelt in the 1930's.



★ WITH LIBERTY & JUSTICE FOR ALL ★

FRUIT

Avocado

Avocados are typically used like a vegetable, but they're really a fruit. Unlike most fruits, avocados are high in fat – but it's mostly the good fat (monounsaturated) that has been shown to actually lower cholesterol.

OF THE MONTH

Try not to grow up too fast on us.

The school year probably seems like it takes forever to you. But to your parents (and to us), it seems like you're a baby one day and all grown up the next. If you're moving on to a new school next year, good luck. If not, we'll see you back here in a couple of months. But, either way, please do us a favor this summer: try to enjoy just being a kid. Because before you know it, a grown-up will be staring back at you from the mirror!

