

Menus for May 2024



CNMI Public School System, Child Nutrition Program

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
Breakfast Burrito
Fruit/Fruit Smoothie

Lunch
Breaded Chicken with Gravy
Mashed Potato
3 Bean Salad
WGR Roll
Fruit

Secondary Second Choice
Vigilicious Salad Bar
WGR Penne Pasta
Fruit

Thursday, May 2

Breakfast
Sausage & Egg Scramble
Steamed Rice
Fruit/Fruit Smoothie

Lunch
Beef Lasagna
Garlic Cauliflower & Broccoli
Corn
Fruit

Secondary Second Choice
Tuna Salad Sandwich on WGR Bun
Sandwich Sides
Japanese Salad
Fruit

Friday, May 3

Breakfast
Pancakes with Syrup
Bacon
Fruit

Lunch
Chicken Adobo
Steamed Rice
Lemon Garlic Kangkung
Local Vegetables
Fruit
Flavored Milk

Secondary Second Choice
Vigilicious Packed Salad
WGR Penne Pasta
Fruit

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.

Monday, May 6

Breakfast
Assorted Cereal
Fruit

Lunch
Grilled Ham Steak
Steamed Brown Rice
Sweet Potato Fries
Texas BBQ Beans
Fruit

Secondary Second Choice
Taco Packed Salad
WGR Tortilla/Tortilla Chips
Fruit

Tuesday, May 7

Breakfast
Ham and Cheese Roll
Fruit/Fruit Smoothie

Lunch
Chicken Burger
Potato Wedges
Broccoli
Fruit

Secondary Second Choice
Subway Sandwich with Honey Onion Dressing on WGR Bun
Vegetable Sticks & Dip
Fruit

Wednesday, May 8

Breakfast
Pan de Sal with Egg & Cheese
Fruit/Fruit Smoothie

Lunch
Beef Steak with Green Peas & Onions
Red Rice
Local Vegetables
Broccoli
Fruit

Secondary Second Choice
Taco Salad Bar
WGR Tortilla/Tortilla Chips
Fruit

Thursday, May 9

Breakfast
Sausage Links
Garlic Fried Rice
Fruit/Fruit Smoothie

Lunch
Pepperoni Pizza
Vegetable Sticks & Dip
Fruit

Secondary Second Choice
Buffalo Chicken Wrap
Vegetable Sticks & Dip
Japanese Salad
Fruit

Friday, May 10

Breakfast
French Toast with Syrup
Sausage
Fruit

Lunch
BBQ Chicken
Red Rice
Corn and Potato Salad
Fruit
Flavored Milk

Secondary Second Choice
Taco Packed Salad
WGR Tortilla/Tortilla Chips
Fruit

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

Monday, May 13

Breakfast

Assorted Cereal
Fruit

Lunch

Oven Fried Chicken
Red Rice
Corn
Sauteed Spinach
Fruit

Secondary Second Choice

Vegilicious Packed Salad
WGR Penne Pasta
Fruit

Tuesday, May 14

Breakfast

Ground Beef & Veggie
Omelet
Steamed Rice
Fruit/Fruit Smoothie

Lunch

Marianas BBQ Cheeseburger
Sandwich Sides
Sweet Potato Fries
Fruit

Secondary Second Choice

Fire Alarm Pizza
Vegetable Sticks & Dip
Fruit

Wednesday, May 15

Breakfast

Grilled Cheese Sandwich
Fruit/Fruit Smoothie

Lunch

Beef Bulgogi with Bell Peppers,
Bean Sprouts & Onions
Steamed Rice
Carrots
Fruit

Secondary Second Choice

Vegilicious Salad Bar
WGR Penne Pasta
Fruit

Thursday, May 16

Breakfast

Grilled Ham with Fried Rice
Fruit/Fruit Smoothie

Lunch

Spaghetti Bolognese
WGR Roll
Garlic Spinach
3 Bean Salad
Fruit

Secondary Second Choice

Banh Mi
Pickled Carrots, Radish &
Cucumber
Japanese Salad
Fruit

Friday, May 17

Breakfast

Pancakes with Syrup
Bacon
Fruit

Lunch

Breaded Chicken with Gravy
Mashed Potato
Carrots
Local Vegetables
WGR Roll
Fruit

Secondary Second Choice

Vegilicious Packed Salad
WGR Penne Pasta
Fruit

Monday, May 20

Breakfast

Assorted Cereal
Fruit

Lunch

Kung Pao Chicken
with Bell Peppers
Steamed Rice
Sesame Broccoli
Fruit

Secondary Second Choice

Taco Packed Salad
WGR Tortilla/Tortilla Chips
Fruit

Tuesday, May 21

Breakfast

Fried Rice with Chicken Nuggets
Fruit/Fruit Smoothie

Lunch

Turkey & Gravy
WGR Roll
Mashed Potato
Steamed Carrots
Fruit

Secondary Second Choice

Thai Beef Noodle Bowl
Bell Peppers & Carrots
Mixed Vegetables
Fruit

Wednesday, May 22

Breakfast

Mac & Cheese
Fruit/Fruit Smoothie

Lunch

Beef Broccoli
Steamed Rice
Mixed Vegetables
Fruit

Secondary Second Choice

Taco Salad Bar
WGR Tortilla/Tortilla Chips
Fruit

Thursday, May 23

Breakfast

Sausage Patty with Garlic Rice
Fruit/Fruit Smoothie

Lunch

Chicken Kelaguen
Titiyas/WGR Tortilla
Vegetable Sticks & Dip
3 Bean Salad
Fruit

Secondary Second Choice

Cheese Pizza
Vegetable Sticks & Dip
3 Bean Salad
Fruit

Friday, May 24

Breakfast

French Toast with Syrup
Sausage
Fruit

Lunch

Chicken Alfredo with Spinach
Garden Salad
Local Vegetables
Fruit
Flavored Milk

Secondary Second Choice

Taco Packed Salad
WGR Tortilla/Tortilla Chips
Fruit

Monday, May 27



Tuesday, May 28

Breakfast

Fried Rice with Portuguese
Sausage
Fruit/Fruit Smoothie

Lunch

Cheeseburger
Sandwich Sides
Sweet Potato Fries
Fruit

Secondary Second Choice

Tofu Lo Mein
Chinese Cabbage
Carrots
Fruit

Wednesday, May 29

Breakfast

Breakfast Burrito
Fruit/Fruit Smoothie

Lunch

Breaded Chicken with Gravy
Mashed Potato
3 Bean Salad
WGR Roll
Fruit

Secondary Second Choice

Vegilicious Salad Bar
WGR Penne Pasta
Fruit

Thursday, May 30

Breakfast

Sausage & Egg Scramble
Steamed Rice
Fruit/Fruit Smoothie

Lunch

Beef Lasagna
Garlic Cauliflower & Broccoli
Corn
Fruit

Secondary Second Choice

Tuna Salad Sandwich on WGR Bun
Sandwich Sides
Japanese Salad
Fruit

Friday, May 31

Breakfast

Pancakes with Syrup
Bacon
Fruit

Lunch

Chicken Adobo
Steamed Rice
Lemon Garlic Kangkung
Local Vegetables
Fruit
Flavored Milk

Secondary Second Choice

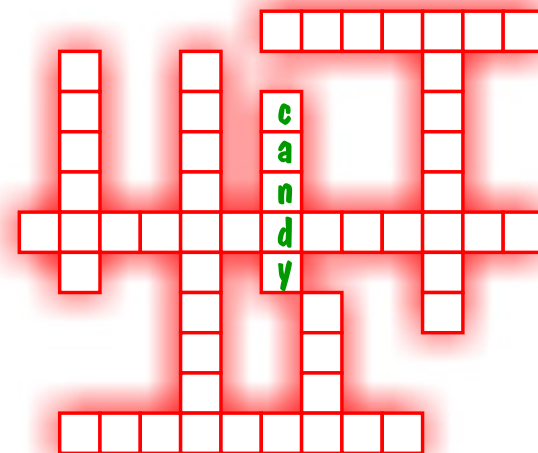
Vegilicious Packed Salad
WGR Penne Pasta
Fruit



What's on YOUR plate?

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