

Menus for May-June 2024



MOSS SIDE MIDDLE (5-8) BREAKFAST & LUNCH MENU

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

WITH LIBERTY & JUSTICE FOR ALL

Wednesday, May 1

Breakfast
Whole Grain Pancake
Sausage Stick
Choice of Fruit
100% Fruit Juice

Lunch
WG "Bosco Sticks"
w/ Dipping Sauce or
Cheesy Broccoli
Chilled Pears
Choice of Fruit

Thursday, May 2

Breakfast
Whole Grain Breakfast
Sausage Pizza
Choice of Fruit
100% Fruit Juice

Lunch
Doritos Locos Beef
Walking Taco w/
Cheese & Taco Salsa
Niblets of Corn
Pineapple Tidbits
Choice of Fruit

SCHOOL LUNCH HERO DAY

THANK YOU!!

MAY 3, 2024

HEROS, WE SAULUTE YOU!!!

Friday, May 3

SCHOOL LUNCH HERO DAY

Breakfast
Asst. Whole Grain
Breakfast Pastries
100% Juice & Fruit

Lunch
WG "Big Daddy" Pizza
Savory Green Beans
Choice of Fruit/ Veggie
Chilled Peaches
Choice of Fruit

Available Daily

Daily Alt. Lunch Items
Pre-made Salads
PB&J Combo Meal
Gateway Hoagie or
Turkey Sub. Combo
"Yo 2 Go" Combo
Garden Veggie or
Chick. Garden Salad

5th & 6th Weekly Entrees
Wk 1 Chix Patty Sand.
Wk 2 Cheeseburger
Wk 3 Spicy Chix Sand.
Wk 4 Cheeseburger

7th & 8th Daily Entrees
Spicy Chicken Patty/
Bun Cheeseburger/
Whole Grain Bun
Chicken Patty /Bun

Breakfast & Lunch
100% Fruit Juice

Alternative Lunch Fruit & Veggies
Premium Tossed
Garden Salad
Assorted Fresh or
Canned Fruit

Choice of Low Fat/ Fat Free Milk

Note: "+" symbol denotes item contains pork.

Monday, May 6

Breakfast
Baked WG BeneFIT
Breakfast Bar
100% Juice & Fruit

Lunch
Cheeseburger
w/ Whole Grain Bun
Baked Potato Smiles
Choice of Veggie
Applesauce
Choice of Fruit

Tuesday, May 7

New Breakfast Item
Baked Whole Grain
Mini Waffles
100% Juice & Fruit

Lunch
Assorted Hot
Entrée Sandwiches
Oven Baked Beans
Choice of Veggie
Mandarin Oranges
Choice of Fruit

Wednesday, May 8

Breakfast
WG Mini Pancakes
Choice of Fruit
100% Fruit Juice

Lunch
WG Popcorn Chicken
WG Goldfish Grahams
Golden Hash Brown
Choice of Veggie
Chilled Peaches
Choice of Fruit

Thursday, May 9

Breakfast
Whole Grain Breakfast
Sausage Pizza
Choice of Fruit
100% Fruit Juice

Lunch
WG Chicken Nachos
w/ or w/o Cheese
Niblets of Corn
Choice of Veggie
Whole Fruit Juice Cup
Choice of Fruit

Friday, May 10

Breakfast
WG Egg & Cheese
Bagel Sandwich
100% Juice & Fruit

Lunch
WG Schwann's French
Bread Cheese Pizza
Peas & Carrots
Choice of Veggie
Chilled Fruit Cocktail
Choice of Fruit



Monday, May 13

New Breakfast Item

Baked Whole Grain
Mini French Toast
100% Juice & Fruit

Lunch

WG Chicken Corndog
Baked Potato Wedges
Choice of Veggie
Chilled Peaches
Choice of Fruit

Tuesday, May 14

Breakfast

Baked WG BeneFIT
Breakfast Bar
100% Juice & Fruit

Lunch

WG Bacon
Cheeseburger
Mgr. Choice Hof Potato
Choice of Veggie
Mandarin Oranges
Choice of Fruit

Wednesday, May 15

Breakfast

WG Mini Pancakes
Choice of Fruit
100% Fruit Juice

Lunch

WG Italian Dunkers
w/ Dipping Sauce
Savory Green Beans
Whole Fruit Juice Cup
Choice of Fruit

Thursday, May 16

Breakfast

Whole Grain Breakfast
Sausage Pizza
100% Juice & Fruit

New Lunch Item

WG Breaded
Boneless Wings
w/ WG Roll
Oven Baked Fries
Choice of Veggie
Craisins "Snack Pack"
Choice of Fruit

Friday, May 17

Breakfast

Asst. Whole Grain
Breakfast Pastries
100% Juice & Fruit

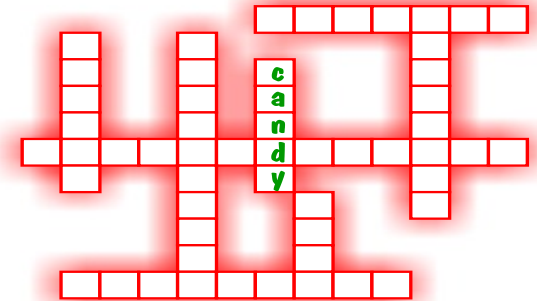
Lunch

Tony's Fiestada
Southwest Style Pizza
Zesty Salsa
Niblets of Corn
Applesauce
Choice of Fruit



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

Monday, May 20

New Breakfast Item

Baked Whole Grain
Mini Waffles
100% Juice & Fruit

Lunch

Crispy Chicken Nuggets
w/ WG Dinner Roll
Baked Potato Smiles
Choice of Veggie
Chilled Peaches
Choice of Fruit

Tuesday, May 21

Breakfast

WG Mini Pancakes
Choice of Fruit
100% Fruit Juice

Lunch

WG "Bosco Sticks"
w/ Dipping Sauce
Savory Green Beans
Choice of Veggie
Mandarin Oranges
Choice of Fruit

Wednesday, May 22

Breakfast

Whole Grain Pancake
Sausage Stick
Choice of Fruit
100% Fruit Juice

New Lunch Item

WG Ravioli w/ Marinara
WG Ravioli w/ Marinara
Garlic Bread Stick
Peas & Carrots
Pineapple Tidbits
Choice of Veggie
Choice of Fruit

Thursday, May 23

Breakfast

Whole Grain Breakfast
Sausage Pizza
Choice of Fruit
100% Fruit Juice

New Lunch Item

WG "Dilly Turk Filet"
Sandwich
Golden Potato Wedges
Chilled Fruit Cocktail
Choice of Veggie
Choice of Fruit

Friday, May 24

Breakfast

WG Ham & Cheese
Bagel Sandwich
100% Juice & Fruit

Lunch

WG Personal Pan Pizza
Savory Green Beans
Choice of Veggie
Whole Fruit Juice Cup
Choice of Fruit

Monday, May 27



Tuesday, May 28

Breakfast

Baked Whole Grain
Mini French Toast
100% Juice & Fruit

Lunch

WG Chicken Tenders
w/ WG Dinner Roll
Oven Baked Fries
Choice of Veggie
Chilled Peaches
Choice of Fruit

Wednesday, May 28

Breakfast

WG Mini Pancakes
Choice of Fruit
100% Fruit Juice

Lunch

Manager's Special
Choice of 2 Fruits
Choice of 2 Veggies

Thursday, May 30

Breakfast

Manager's Special
Choice of Fruit
100% Fruit Juice

Lunch

Manager's Special
Choice of 2 Fruits
Choice of 2 Veggies



We have the **perfect job** for you:
See the kids off to school & return home before they do. Also have summers, weekends, & nights off. Call Food Service at **412-373-5777**.

Friday, May 31

Breakfast

Manager's Special
Choice of Fruit
100% Fruit Juice

Lunch

Manager's Special
Choice of 2 Fruits
Choice of 2 Veggies

Monday, June 3

Breakfast

Manager's Special
Choice of Fruit
100% Fruit Juice

Lunch

Manager's Special
Choice of 2 Fruits
Choice of 2 Veggies