

Menus for May 2024



Torrington Public Schools

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

Cinnamon Roll
Fruit/Juice
Milk

Lunch

Chicken Nuggets
Or
Boars Head Ham & Cheese
Steamed Green Beans
Soft Pretzel

Thursday, May 2

Breakfast

Pancakes
Fruit/Juice
Milk

Lunch

Beef Tacos w/ Lettuce,
Tomato, Cheese & Salsa
Or
Boars Head Turkey & Cheese
Steamed Brown Rice
Steamed Mixed Vegetables

Friday, May 3

Breakfast

Apple Frudel
Fruit/Juice
Milk

Lunch

Pizza
Or
Boars Head Ham & Cheese
Romaine Lettuce Salad

Available Daily

Alternate Meals:

- ◆ Chef Salad
- ◆ SBJ/PBJ
- ◆ Bagel Box

Your complete lunch will also include:

Rainbow Tray including:
Locally Grown Fruits and Veggies (when Available) as well as Canned

8 oz Milk (Lowfat White or Flavored)

Monday, May 6

Breakfast

Assorted Bread
Fruit/Juice
Milk

Lunch

Corn Dog Nuggets
Or
Boars Head Turkey & Cheese
Vegetarian Baked Beans
Sweet Potato Lattice Fries

Tuesday, May 7

Breakfast

Cinnamon Crumb Cake
Fruit/Juice
Milk

Lunch

Waffles with Syrup
Or
Boars Head Ham & Cheese
Turkey Sausage Patty
Potato Smiles

Wednesday, May 8

Breakfast

Cinnamon Roll
Fruit/Juice
Milk

Lunch

Chicken Nuggets
Or
Boars Head Turkey & Cheese
Dinner Roll
Mashed Potatoes
Green Beans

Thursday, May 9

Breakfast

Assorted Muffins
Fruit/Juice
Milk

Lunch

Mozzarella Sticks w/
marinara
Or
Boars Head Ham & Cheese
Fresh Steamed Broccoli

Friday, May 10

Breakfast

Assorted Donuts
Fruit/Juice
Milk

Lunch

Cheese Pizza
Or
Boars Head Turkey & Cheese
Mixed Salad w/ Tomatoes

Monday, May 13

Breakfast

Mini Cornbread Loaf
Fruit/Juice
Milk

Lunch

Hot Dog on a Whole Wheat Roll
Or
Boars Head Ham & Cheese Baked Beans
Steamed Carrots

Tuesday, May 14

Breakfast

Breakfast Bar
Fruit/Juice
Milk

Lunch

Chicken Tenders
Or
Boars Head Turkey & Cheese Baked Sweet Potato Fries

Wednesday, May 15

Breakfast

Bagel w/ Cream Cheese
Fruit/Juice
Milk

Lunch

Hamburger or Cheeseburger
Or
Boars Head Ham & Cheese Oven Fries
Steamed Sweet Corn

Thursday, May 16

Breakfast

Cereal
Fruit/Juice
Milk

Lunch

Mac & Cheese
Or
Boars Head Turkey & Cheese Dinner Roll
Steamed Broccoli

Friday, May 17

Breakfast

Cinnamon French Toast
Fruit/Juice
Milk

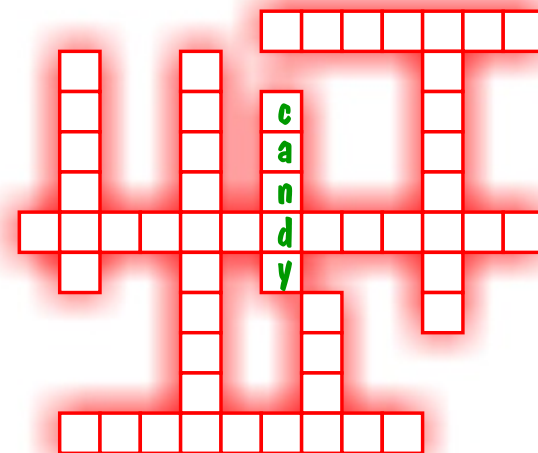
Lunch

Personal Pizza
Or
Boars Head Ham & Cheese Mixed Greens Salad w/ Tomatoes



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

Breakfast

Assorted Muffins
Fruit/Juice
Milk

Lunch

Chicken Nuggets
Or
Boars Head Turkey & Cheese Sweet Potato Fries

Tuesday, May 21

Breakfast

Breakfast Bar
Fruit/Juice
Milk

Lunch

Tacos w/ Lettuce, Tomato, Cheese and Salsa
Or
Boars Head Ham & Cheese Sweet Corn
Brown Rice

Wednesday, May 22

Breakfast

Cinnamon Crumb Cake
Fruit/Juice
Milk

Lunch

Pizza Crunchers
Or
Boars Head Turkey & Cheese Fresh Steamed Broccoli

Thursday, May 23

Breakfast

Snackin Waffle
Fruit/Juice
Milk

Lunch

Chicken & Vegetable Dumpling
Or
Boars Head Ham & Cheese Sweet & Sour Sauce
Brown Rice
Oriental Vegetable

Friday, May 24

Breakfast

Apple Frudel
Fruit/Juice
Milk

Lunch

Stuffed Crust Pizza
Or
Boars Head Turkey & Cheese Garden Salad

Monday, May 27



Tuesday, May 28

Breakfast

Maple Pancake
Fruit/Juice
Milk

Lunch

French Toast Sticks
Or
Boars Head Ham & Cheese Turkey Sausage Patty
Hash Brown Potatoes

Wednesday, May 29

Breakfast

Assorted Muffins
Fruit/Juice
Milk

Lunch

Chicken Street Tacos
or
Boars Head Turkey & Cheese Seasoned Brown Rice

Thursday, May 30

Breakfast

Assorted Donuts
Fruit/Juice
Milk

Lunch

Hot Dog on a roll
Or
Boars Head Ham & Cheese Baked Beans

Friday, May 31

Breakfast

Assorted Breads
Fruit/Juice
Milk

Lunch

Cheese Pizza
or
Boars Head Turkey & Cheese Garden Salad