

May 2024



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

BTHS 201

Available Daily

Breakfast:

Bagels, Pop Tarts, Yogurt,
Mini Donuts, Whole Grain
Cereals and more!

Breakfast includes fruit,
a fruit juice choice or both
and milk

Lunch:

Assorted Pizza,
Chicken Patties,
Hamburgers, Cheeseburgers,
Tacos & Nachos,
Assorted Salads & Wraps
Lunch includes a variety
of vegetables, fruits,
fruit juice and milk

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

Breakfast
-French Toast & Syrup
Fruit, Juice & Milk

Lunch
-Philly Cheesesteak Sandwich
Baked Potato
Corn
Fruit Choices
Cold Milk

Thursday, May 2

Breakfast
-Sausage & Cheese on Croissant
Fruit, Juice & Milk

Lunch
-Grilled Chicken w/Cheese & Bacon on Bun
Tator Tots
Mixed Vegetables
Fruit Choices
Cold Milk

Friday, May 3

Breakfast
-Scrambled Eggs with Toast
Fruit, Juice & Milk

Lunch
-French Bread Pizza
French Fries
Peas
Fruit Choices
Cold Milk

Monday, May 6

Breakfast
-Cinnamon Rolls
Fruit, Juice & Milk

Lunch
-BBQ Rib on Bun
Mashed Potatoes
Baked Beans
Fruit Choices
Cold Milk

Tuesday, May 7

Breakfast
-Ham & Cheese on Bagel
Fruit, Juice & Milk

Lunch
-Crunchy Beef or Chicken Tacos
French Fries
Black Beans
Fruit Choices
Cold Milk

Wednesday, May 8

Breakfast
-Biscuit with Gravy
Fruit, Juice & Milk

Lunch
-Orange Chicken with Rice & Goldfish Crackers
Baked Potato
Broccoli with Cheese
Fruit Choices
Cold Milk

Thursday, May 9

Breakfast
-Breakfast Burrito
Fruit, Juice & Milk

Lunch
-French Toast with Sausage & Egg Patties
Tator Tots
Corn
Fruit Choices
Cold Milk

Friday, May 10

Breakfast
-Sausage & Cheese Biscuit
Fruit, Juice & Milk

Lunch
-Meatball Sub
French Fries
Green Beans
Fruit Choices
Cold Milk

MOTHER'S DAY
MAY 12



Monday, May 13

Breakfast
-Ham & Cheese Bagel
Fruit, Juice & Milk

Lunch
-Mini Corn Dogs
Mashed Potatoes
Peas
Fruit Choices
Cold Milk

Tuesday, May 14

Breakfast
-French Toast with Syrup
Fruit, Juice & Milk

Lunch
-Chicken Strips with Waffles
Tator Tots
Baked Beans
Fruit Choices
Cold Milk

Wednesday, May 15

Breakfast
-Bacon, Egg & Cheese English Muffin
Fruit, Juice & Milk

Lunch
-Chili Cheese Fritos
Baked Potato
Corn
Fruit Choices
Cold Milk

Thursday, May 16

Breakfast
-Sausage Biscuit
Fruit, Juice & Milk

Lunch
-Pulled Pork Sandwich
Tator Tots
Carrots
Fruit Choices
Cold Milk

Friday, May 17

Breakfast
-Scrambled Eggs & Cinnamon Toast
Fruit, Juice & Milk

Lunch
-French Bread Pizza
French Fries
Green Beans
Fruit Choices
Cold Milk

Monday, May 20

Breakfast
-Assorted Entrée Choices
Fruit, Juice & Milk

Lunch
-Popcorn Chicken with Bread Slice
Fries
Baked Beans
Fruit Choices
Cold Milk

Tuesday, May 21

Final Exams
Breakfast
-Assorted Entrée Choices
Fruit, Juice & Milk

Lunch
-Cheeseburgers
-Chicken Patties
-Pizzas
Vegetables, Fruits
Cold Milk

Wednesday, May 22

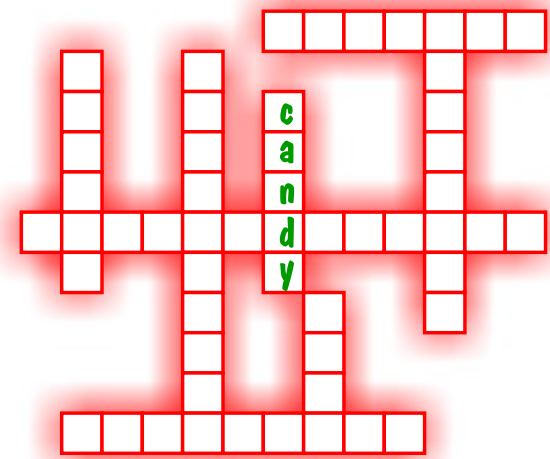
Final Exams
Breakfast
-Assorted Entrée Choices
Fruit, Juice & Milk

Lunch
-Ham & Cheese Sandwich
Vegetables, Fruits
Cold Milk



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

HAVE A GREAT SUMMER!

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

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.