

MAY 2004 MENUS

FUNTASTIC NEWS

Survive the calcium crisis

You've faced the 9:00 p.m., "I forgot I have a science project due tomorrow" crisis and the carpool crisis. But you may not be aware of a much more severe crisis. The calcium crisis.

If your family isn't getting enough calcium in their diets, the end result could mean osteoporosis or needless bone fractures. Although osteoporosis is a disease of the elderly, its origin can begin in childhood. Consuming enough calcium throughout life can help prevent this dreaded disease later. This may be a hard concept for kids to understand.

But listen to this. Calcium can help strengthen bones NOW and help prevent injury. That means fewer kids sidelined with broken bones. Here's a simple explanation for your kids. "When you eat food rich in calcium, your bones store it - kind of like depositing money in the bank so you'll have it when you need it. You need calcium in your bones to stay strong, active and flexible!"

Monday	Tuesday	Wednesday	Thursday	Friday
3 <u>Breakfast:</u> Scrambled Eggs & Biscuit <u>Lunch:</u> Chicken Nuggets, Curly Fries, Broccoli w/Cheese, Roll	4 <u>Breakfast:</u> Waffles <u>Lunch:</u> *Nachos w/Meat & Cheese, Corn, Red Grapes	5 <u>Breakfast:</u> Egg Burrito <u>Lunch:</u> *B.B.Q. Meatballs, Rice Pilaf, Fruit Jello, Broccoli w/Cheese, Roll	6 <u>Breakfast:</u> French Toast <u>Lunch:</u> Hot Dog, Cauliflower, Peaches, Fritos	7 <u>Breakfast:</u> Donut Day <u>Lunch:</u> Chickenburger, Tater Tots, Peas & Carrots, Pears
10 <u>Breakfast:</u> Hard Boiled Egg & Tater Tots <u>Lunch:</u> Hamburger, French Fries, Fruit Cocktail, Ice Cream	11 <u>Breakfast:</u> Pancakes & *Sausage <u>Lunch:</u> *Soft Shell Tacos, Corn, Cinnamon Churro, Juice	12 Senior Citizens Lunch Day <u>Breakfast:</u> *Grilled Ham & Cheese <u>Lunch:</u> French Toast, Hash Browns, Egg, Pineapple	13 <u>Breakfast:</u> Cheese Bagel <u>Lunch:</u> Sloppy Joe, Cauliflower w/Cheese, Orange Wedges, Cookie	14 <u>Breakfast:</u> Peanut Butter & Jelly Saucer <u>Lunch:</u> *Pizza, Garden Salad, Applesauce, MS/HS: Stromboli
17 <u>Breakfast:</u> *Grilled Ham & Cheese <u>Lunch:</u> Chickenburger, Tater Tots, Peas and Carrots, Pears	18 <u>Breakfast:</u> Pop Tart or Cereal <u>Lunch:</u> Spaghetti w/Meat Sauce, Garlic Toast, Garden Salad	19 <u>Breakfast:</u> Donut Day <u>Lunch:</u> Salisbury Steak, Mashed Potato, Mixed Vegetables, Roll	20 <u>Breakfast:</u> Scrambled Eggs & Biscuit <u>Lunch:</u> Chicken & Gravy Mashed Potatoes, Green Beans, Cranberries, Roll	21 <u>Breakfast:</u> Waffles <u>Lunch:</u> Cheese Sticks w/Sauce, Garden Salad, Applesauce
24 <u>Breakfast:</u> French Toast <u>Lunch:</u> Chicken Nuggets, Curly Fries, Broccoli w/Cheese, Roll	25 <u>Breakfast:</u> Peanut Butter & Jelly Saucer <u>Lunch:</u> *Nachos w/Meat and Cheese, Corn, Red Grapes	26 Senior Citizens Lunch Day <u>Breakfast:</u> Scrambled Eggs & Biscuit <u>Lunch:</u> Grilled Cheese, Carrots, Soup, Applesauce, Dessert	27 <u>Breakfast:</u> Pancakes and *Sausage <u>Lunch:</u> *Mini Corn Dogs, Mixed Vegetables, Peaches, Roll	28 <u>Breakfast:</u> Cheese Bagel <u>Lunch:</u> Special Menu to be Announced
31 NO SCHOOL	Lunch menu includes assorted fresh vegetables with dip and fresh fruit.			Breakfast menu includes juice or fruit.
	All meals include choice of milk.	*Item may contain pork.		
MENU SUBJECT TO CHANGE WITHOUT NOTICE.				

Time Saving



Tip
 Combine family fun with good nutrition. Enjoy making the quick and easy Peaches & Cream Smoothie found at:

www.whymilk.com



Web Surfers

This month's featured website is www.moomilk.com which has fun games and tons of information on calcium

This Month's Activities

- Get the family moving. Exercise can help build and maintain strong bones. Weight bearing exercise is the best type for bones...like walking, running, tennis, and soccer.
- Make sure your family is getting enough calcium. Serve milk with all meals and snacks.

Funtastic News articles provided by the National Dairy Council