

SFSP Menus (school closure)

May 2020

Food Bytes

Egg-cellent!

Eggs are an excellent, economic source of key nutrients needed for brain function, muscle strength, eye health, and more. One large egg has 70 calories, 6 grams of protein, and 13 essential vitamins and minerals, including vitamin D, riboflavin, selenium, choline and lutein.

The high-quality protein in eggs is helpful in reducing hunger and building and maintaining muscles. Vitamin D is critical for bone health and immune function. Riboflavin helps produce energy, regulate metabolism, support cell growth, and inhibit cell damage by working as an antioxidant. Selenium aids cell growth, boosts immune function and works as an antioxidant with vitamin E to protect against cell damage. Choline helps to form cell membranes and make acetylcholine, a neurotransmitter involved with muscle control and memory storage. Choline works with folate for healthy brain and nervous system development. Lutein and zeaxanthin are antioxidants that may reduce the risk of developing cataracts and slow the progression of age-related macular degeneration.

Nutrilink: Eggs are versatile and can be part of breakfast, lunch or dinner. Check out NC K-12 Culinary Institute recipes for Chilaquiles, Chef Salad and more at <https://bit.ly/2Z8H5Hk>.

Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Pop-Tart 2 ct 100% Juice OR 1/2 cup Fruit Milk	Cereal 100% Juice OR 1/2 cup Fruit Milk	Muffin 100% Juice OR 1/2 cup Fruit Milk	Pop-Tart 2 ct 100% Juice OR 1/2 cup Fruit Milk	Cereal 100% Juice OR 1/2 cup Fruit Milk
Monday, May 4	Tuesday, May 5	Wednesday, May 6	Thursday, May 7	Friday, May 8
Baked Spaghetti Green Beans Fruit (Canned or Fresh) WG Roll Choice of Milk	Chicken Fillet Sandwich on WG Bun Broccoli & Cheese Fruit (Canned or Fresh) Choice of Milk	Hot Dog on WG Bun Oven Fries Fruit (Canned or Fresh) Choice of Milk	Fried Chicken Leg Pinto Beans Fruit (Canned or Fresh) WG Roll Choice of Milk	Turkey & Cheese Sandwich Carrots w/ Dip Fruit (Canned or Fresh) Choice of Milk
Monday, May 11	Tuesday, May 12	Wednesday, May 13	Thursday, May 14	Friday, May 15
Chicken Nuggets Broccoli & Cheese Fruit (Canned or Fresh) WG Roll Choice of Milk	WG Corn Dog Baked Beans Fruit (Canned or Fresh) Choice of Milk	BBQ Meatballs Green Beans Fruit (Canned or Fresh) WG Roll Choice of Milk	Baked Chicken Leg Mashed Potatoes Fruit (Canned or Fresh) WG Roll Choice of Milk	Turkey & Cheese Sandwich Fresh Carrots w/ Dip Fruit (Canned or Fresh) Choice of Milk
Monday, May 18	Tuesday, May 19	Wednesday, May 20	Thursday, May 21	Friday, May 22
BBQ Chicken Leg Broccoli & Cheese Fruit (Canned or Fresh) WG Roll Choice of Milk	Mac & Cheese Green Beans Fruit (Canned or Fresh) WG Roll Choice of Milk	Cheeseburger on WG Bun Mashed Potatoes Sweet Green Peas Fruit (Canned or Fresh) Choice of Milk	Chicken Fillet Sandwich on Bun Pinto Beans Fruit (Canned or Fresh) Choice of Milk	Turkey & Cheese Sandwich Fresh Carrots w/ Dip Fruit (Canned or Fresh) Choice of Milk
Monday, May 25	Tuesday, May 26	Wednesday, May 27	Thursday, May 28	Friday, May 29
Baked Spaghetti Green Beans Fruit (Canned or Fresh) WG Roll Choice of Milk	Chicken Fillet Sandwich on WG Bun Broccoli & Cheese Fruit (Canned or Fresh) Choice of Milk	Hot Dog on WG Bun Oven Fries Fruit (Canned or Fresh) Choice of Milk	Fried Chicken Leg Pinto Beans Fruit (Canned or Fresh) WG Roll Choice of Milk	Turkey & Cheese Sandwich Carrots w/ Dip Fruit (Canned or Fresh) Choice of Milk



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