















# MAY



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>ENERGY BALANCE</b> Did you know you get your energy from calories? What you eat and drink is energy IN. What you burn through physical activity is energy OUT. We all burn a small amount of calories through our daily routine. We burn calories just from	breathing. People with active lifestyles burn more calories than those with not-so-active lifestyles. You should try to balance your energy IN and energy OUT. The more calories you take in, the more energy you should burn. Most people eat a lot more	calories and use a lot less energy. The average 60 minute television show averages 18 to 24 minutes of commercials. If you danced to music during the commercials instead of sitting and watching them, you could burn an extra 85 calories an hour. See what you can do to balance your energy IN and energy OUT.	<b>Milk served with all meals.</b>  	<b>1</b> <b>Corn Dog</b> <b>Steamed Broccoli</b> <b>Glazed Carrots</b> <b>Peaches</b> 	<b>2</b> <b>Turkey Sandwich</b> <b>Pickle Spears</b> <b>Baked Beans</b> <b>Strawberry Cup</b>	<b>Get to Know Rusk</b> Located on Main Street just off the square in Rusk near Brookshire Bros. is a local Confederate site that not too many people know about, the Sugar House. It was site of one of the sweetest battles ever. The Confederate government started a program to provide food to widows and poor families of
Jr. High and High school students may buy a healthy choice of lunches for \$1.75.  Children do better in school when they start the day with a good breakfast. Breakfast is served free to all RISD students.	<b>5</b> <b>Steak Sandwich</b> <b>Tots</b> <b>Pickle Spear</b> <b>Apple</b> 	<b>6</b> <b>Ground Beef &amp; Macaroni</b> <b>Pinto Beans</b> <b>Steamed Broccoli</b> <b>Pears</b> <b>Cornbread</b>	<b>7</b> <b>Nachos</b> <b>Lettuce/Tomato Salad</b> <b>Refried Beans</b> <b>Peaches</b> 	<b>8</b> <b>Steak Fingers</b> <b>Potatoes</b> <b>Green Beans</b> <b>Applesauce</b> <b>Rolls</b> 	<b>9</b> <b>Pizza</b> <b>Cole Slaw</b> <b>Fries</b> <b>Pineapples</b> 	confederate soldiers who were at the front battling the Yankees. Southerners had not seen sugar in a long time. The sugar stored there was for Confederate Troops only. Citizens got corn and meat.
 <b>Happy Mother's Day!</b>	<b>12</b> <b>Sloppy Joe</b> <b>Tots</b> <b>Pickle Spear</b> <b>Orange</b>	<b>13</b> <b>Steak Fingers</b> <b>Potatoes</b> <b>Green Beans</b> <b>Applesauce</b> <b>Rolls</b>	<b>14</b> <b>Mexican Casserole</b> <b>Chili Beans</b> <b>Veg. Cup/ Cheese Cup</b> <b>Mixed Fruit</b>	<b>15</b> <b>Hot &amp; Spicy Chicken Sticks</b> <b>Potatoes</b> <b>English Peas</b> <b>Applesauce</b> <b>Rolls</b>	<b>16</b> <b>Turkey Sandwich</b> <b>Pickle Spears</b> <b>Baked Beans</b> <b>Strawberry Cup</b>	Hearing the Yankee soldiers were on there way to raid the commissary, widows of Rusk scrambled for the sugar. Sugar flew through the air creating a large blanket of white,
What occurs once in a minute, twice in a moment and never in a thousand years?  <b>The Letter M.</b>	<b>19</b> <b>Steak Sandwich</b> <b>Tots</b> <b>Pickle Spear</b> <b>Apple</b>	<b>20</b> <b>Meatloaf</b> <b>Pinto Beans</b> <b>Potatoes</b> <b>Pears</b> <b>Cornbread</b>	<b>21</b> <b>Tacos</b> <b>Lettuce/Tomato Salad</b> <b>Refried Beans</b> <b>Mixed Fruit</b>	<b>22</b> <b>Grilled Chicken</b> <b>Broccoli &amp; Rice Casserole</b> <b>Glazed Carrots</b> <b>Pears</b>	<b>23</b> <b>Pizza</b> <b>Cole Slaw</b> <b>Fries</b> <b>Pineapples</b> 	looking as if there had been a recent snowfall. The white landscape greeted Union soldiers when they came into Rusk. The "battle" was won by southerners. For many families had sweetened coffee
<b>ATTENTION</b> Hamburgers are offered Monday, Wednesday and Friday & Hot Dogs are offered on Tuesday and Thursday as an alternate for the main lunch item.	 <b>Memorial Day</b>	<b>27</b> <b>Steak Fingers</b> <b>Potatoes</b> <b>Green Beans</b> <b>Applesauce</b> <b>Rolls</b>	<b>28</b> <b>Beef Enchiladas</b> <b>Refried Beans</b> <b>Spanish Rice</b> <b>Mixed Fruit</b>	<b>29</b> <b>Steak Fingers</b> <b>English Peas</b> <b>Fresh Fruit Salad</b> <b>Sliced Bread</b>	<b>30</b> <b>Turkey Sandwich</b> <b>Pickle Spears</b> <b>Baked Beans</b> <b>Strawberry Cup</b>	and tea that night for the first time in years.  <b>The Sugar House</b>

