



EASTER  
4/21  
SUNDAY

**CONTINENTAL BREAKFAST**  
7 - 9 a.m.

Chilled Juices - Fresh Fruit & Yogurt Bar  
Assorted Hot/Cold Cereal  
Bagels, English & Artisan Breads  
*at the toaster*  
Assorted Breakfast Pastries

**BRUNCH 9 a.m.**

Omelets to order  
Eggs Benedict to order  
Assorted Breakfast Pastries  
**Smoothie of the Day**  
**Make your own Belgian Waffles**

*Assorted Toppings*

Buttermilk Pancakes - *Warm Syrup*  
Grilled Bacon  
Grilled Sausage  
Breakfast Potatoes

**CONTINUED 11 a.m.**

Soup du Jour  
Servery Salad Bar - *Dressings*  
Chef's Choice Entree  
Vegetarian Casserole  
Assorted Breads, Rolls & Bagels  
Jello - Pudding - Fresh Fruit Bar  
Novelties - Soft Serve Ice Cream

\*\*\*All menus subject to change\*\*\*

Underlined items indicate "Meatless"

*"(v)" items indicate "Vegan"*

**DINNER 5:30 - 7 p.m.**

Soup du jour      Salad Bar  
Assorted Hot/Cold Cereal  
Assorted Pasta & Sauces  
**MYO Stir-Fry**  
Enchilada Pie  
Easter Ham - *Raisin Sauce*  
Teriyaki Tofu (v)  
Escalloped Potatoes  
Fresh Asparagus - *Lemon Zest*  
Assorted Breads, Rolls & Bagels  
Jello - Pudding - Fresh Fruit Bar  
Novelties - Soft Serve Ice Cream  
Gifford's Ice Cream Bar

EARTH DAY  
4/22

**BREAKFAST 6:45 - 8:15 a.m.**

Chilled Juices  
**Smoothie Bar**  
Assorted Hot/Cold Cereal  
Fresh Fruit and Yogurt Bar  
Vegetarian Baked Beans  
Bagels, English & Artisan Breads  
*at the toaster*  
Hard Cooked Eggs  
Omelets to order  
Scrambled Eggs  
Bagel Breakfast  
Breakfast Potatoes  
Chocolate Chip Pancakes - *Warm Syrup*

**LUNCH 11 - 1 p.m.**

**Salad Bar**  
**Deli Bar**  
Assorted Hot/Cold Cereal  
Assorted Pasta & Sauces  
Lentil Soup  
Chicken and Rice Soup  
Ham and Fontina Cheese *in Puff Pastry*  
Chicken and Waffles - *Warm Syrup*  
Spicy Quinoa Stir-Fry  
Risotto Milanese  
Fresh Vegetable Medley  
Assorted Breads, Rolls & Bagels  
Jello - Pudding - Fresh Fruit Bar  
Novelties - Soft Serve Ice Cream  
Gifford's Ice Cream Bar

**FOOD COMMITTEE MONDAY**

5:30 - 7 p.m.

**Ali Kimball - EcoAction**

Soup du jour      Salad Bar  
Assorted Pasta & Sauces  
Assorted Hot/Cold Cereal      MYO Stir-Fry  
**100 Mile Burgers**  
**Pesto Parmesan Chicken**  
**Impossible Burgers**  
**Dirty Mashed Potatoes**  
**Roasted Lemon, Garlic, Broccoli & Cauliflower**  
Jello - Pudding - Fresh Fruit Bar  
Novelties - Soft Serve Ice Cream  
**Dirt and Worms**

TUESDAY  
4/25

**BREAKFAST 6:45 - 8:15 a.m.**

Chilled Juices  
**Smoothie Bar**  
Assorted Hot/Cold Cereal  
Fresh Fruit and Yogurt Bar  
Bagels, English & Artisan Breads  
*at the toaster*  
Hard Cooked Eggs  
Omelets to order  
Scrambled Eggs  
Croissant Breakfast  
Buttermilk Pancakes - *Warm Syrup*  
Grilled Bacon  
Grilled Sausage  
Breakfast Potatoes  
Assorted Muffins

**LUNCH 11 - 1 p.m.**

**Salad Bar**  
**Deli Bar**  
Assorted Hot/Cold Cereal  
Assorted Pasta & Sauces  
Tomato Bisque  
Beef with Spring Vegetables Soup  
Linguini *with Clams and Chorizo*  
Grilled Cheese Sandwich  
Ginger Veggie Stir-Fry with Quinoa (v)  
Potato Gnocchi  
Fresh Steamed Spinach  
Assorted Breads, Rolls & Bagels  
Jello - Pudding - Fresh Fruit Bar  
Novelties - Soft Serve Ice Cream  
Sponge Cake *with Chocolate Sauce*

**DINNER 5:30 - 7 p.m.**

Soup du jour      Salad Bar  
Assorted Hot/Cold Cereal  
Assorted Pasta & Sauces  
**MYO Stir-Fry**  
Kung Pao Chicken  
Chinese Hoisin Glazed Pork  
Korean BBQ Tofu  
Steamed White & Brown Rice  
Sauteed Napa Cabbage  
Assorted Breads, Rolls & Bagels  
Jello - Pudding - Fresh Fruit Bar  
Novelties - Soft Serve Ice Cream  
Assorted Pies

WEDNESDAY  
4/24

**BREAKFAST 6:45 - 8:15 a.m.**

Chilled Juices  
**Smoothie Bar**  
Assorted Hot/Cold Cereal  
Fresh Fruit and Yogurt Bar  
Vegetarian Baked Beans  
Bagels, English & Artisan Breads  
*at the toaster*  
Hard Cooked Eggs  
Omelets to order  
Scrambled Eggs  
**Make your own Belgian Waffles**  
*Assorted Toppings*  
**Breakfast Burrito Bar**  
Grits  
Breakfast Potatoes  
Blueberry Pancakes - *Warm Syrup*

**LUNCH 11 - 1 p.m.**

**Salad Bar**  
**Deli Bar**  
**Hot Buttered Popcorn**  
Assorted Pasta & Sauces  
Assorted Hot/Cold Cereal  
Mulligatawny Soup  
Chicken Barley Soup  
Shrimp and Broccoli Stir Fry  
**Roast Turkey, Swiss & Cranberry**  
**Chutney on Artisan Sourdough Bread**  
Zucchini Patties (v)  
Herbed Rice Pilaf  
Fresh Butternut Squash  
Assorted Breads, Rolls & Bagels  
Jello - Pudding - Fresh Fruit Bar  
Novelties - Soft Serve Ice Cream  
Gifford's Ice Cream Bar  
**DINNER 5:30 - 7 p.m.**

Soup du jour      Salad Bar  
Assorted Hot/Cold Cereal  
Assorted Pasta & Sauces  
**MYO Stir-Fry**  
**CHIPOTLE GRILL**  
Chicken - Beef - Pork  
Black Beans - Refried Beans -  
Guacamole - Salsa  
**Tofu Sofrito**  
Cilantro Lime Rice  
Roasted White Corn & Peppers  
Assorted Breads, Rolls & Bagels  
Jello - Pudding - Fresh Fruit Bar  
Novelties - Soft Serve Ice Cream  
Gifford's Ice Cream Bar

THURSDAY  
4/25

**BREAKFAST 6:45 - 8:15 a.m.**

Chilled Juices  
**Smoothie Bar**  
Assorted Hot/Cold Cereal  
Fresh Fruit and Yogurt Bar  
Vegetarian Baked Beans  
Bagels, English & Artisan Breads  
*at the toaster*  
Hard Cooked Eggs  
Omelets to order  
Scrambled Eggs  
Croissant Breakfast  
Breakfast Potatoes  
Grilled Bacon  
Grilled Sausage  
French Toast - *Warm Syrup*  
Assorted Muffins

**LUNCH 11 - 1 p.m.**

**Salad Bar**  
**Deli Bar**  
Assorted Hot/Cold Cereal  
Assorted Pasta & Sauce  
Chicken Noodle Soup  
Black Bean Soup  
Fresh Salmon - *Pineapple Sauce*  
Hamburgers  
Cheeseburgers  
Veggie Burger  
Hand Cut French Fries  
Fresh Stir Fry Vegetables  
Assorted Breads, Rolls & Bagels  
Jello - Pudding - Fresh Fruit Bar  
Novelties - Soft Serve Ice Cream  
Rice Krispie Squares

**SEATED MEAL 6 p.m.**

MENU

Cheese & Crackers  
Corn Chowder  
Caesar Salad  
Barbequed Chicken Breast  
Macaroni and Cheese  
Potato and Cauliflower Casserole  
Steamed Fresh Broccoli  
Dinner Rolls - *Butter*  
Ice Water - Milk  
Tiramisu  
Fresh Fruit Bowl

SPRING  
4/26

**BREAKFAST 6:45 - 8:15 a.m.**

Chilled Juices  
**Smoothie Bar**  
Assorted Hot/Cold Cereal  
Fresh Fruit and Yogurt Bar  
Vegetarian Baked Beans  
Bagels, English & Artisan Breads  
*at the toaster*  
Hard Cooked Eggs  
Omelets to order  
Scrambled Eggs  
Croissant Breakfast  
Breakfast Potatoes  
Buttermilk Pancakes - *Warm Syrup*

**LUNCH 11 - 1 p.m.**

**Salad Bar**  
**Deli Bar**  
Assorted Hot/Cold Cereal  
Assorted Pasta & Sauces  
Red Pepper & Basil Bisque  
Fish Chowder  
Grilled Rachel Sandwich  
Hawaiian Teriyaki Chicken  
Vegetarian Chickpea Stir Fry  
Potatoes Kugel  
Fresh Zucchini *with Tomatoes and Basil*  
Assorted Breads, Rolls & Bagels  
Jello - Pudding - Fresh Fruit Bar  
Novelties - Soft Serve Ice Cream  
Gifford's Ice Cream Bar

Chef's  
Choice  
Supper

5:30 - 6:30 p.m.

RECESS  
4/27

Continental  
Breakfast

6:50 - 7 a.m.

Breakfast

7 - 9 a.m.

Chef's  
Choice  
Lunch

11:50 a.m. - 12:50 p.m.

Chef's  
Choice  
Supper

5:50 - 6:50 p.m.

Continued from the front

### Energy Drinks May Cause Heart Problems in Some

Research seems to show that energy drinks can improve brain function and help you stay alert when you're tired.

However, there are also concerns that energy drinks have contributed to heart problems.

One review found that at least 17 people developed significant heart problems after energy drink use, which required them to visit the emergency room. Several of the people died from complications.

This is probably lower than the actual number of energy-drink-related heart problems, considering over 20,000 trips to the emergency department are associated with energy drink use every year in the US alone.

Furthermore, multiple studies in humans have also shown that consuming energy drinks may increase blood pressure and heart rate and decrease important markers of blood vessel function, which could be bad for heart health.

Most experts believe that heart problems associated with energy drink use occur as a result of excessive caffeine intake.

This seems reasonable, since many of the people who suffered serious heart problems after drinking energy drinks were consuming more than three energy drinks at a time or also mixing them with alcohol.

Although you may need to be cautious about using energy drinks if you have a history of heart disease, consuming them occasionally and in reasonable amounts is unlikely to cause heart problems in healthy adults with no history of heart disease.

**Summary:** *Several people have developed heart problems after consuming energy drinks, possibly due to drinking too much caffeine or mixing energy drinks with alcohol.*

### Some Varieties Are Loaded With Sugar

Most energy drinks contain a sizable amount of sugar.

For example, one 8.4-ounce (250-ml) can of Red Bull contains 27 grams (about 7 teaspoons) of sugar, while a 16-ounce (473-ml) can of Monster contains about 54 grams (about 14 teaspoons) of sugar.

Consuming this much sugar will cause anyone's blood sugar to spike, but if you have difficulty controlling your blood sugar or have diabetes, you should be particularly cautious with energy drinks.

Consuming beverages sweetened with sugar, like most energy drinks, leads to blood sugar elevations that can be bad for health, especially if you have diabetes.

These blood sugar elevations have been associated with increased levels of oxidative stress and inflammation, which have been implicated in the development of nearly every chronic disease.

But even people without diabetes may need to be concerned about

the sugar in energy drinks. One study reported that drinking one or two sugar-sweetened beverages daily was correlated with a 26% higher risk of type 2 diabetes.

Luckily, many energy drink manufacturers are now making products that are either lower in sugar or have eliminated it altogether. These versions are more suitable for people with diabetes or those trying to follow a low-carb diet.

**Summary:** *Energy drinks can help people function while they're tired, but people may observe decreases in sleep quality following energy drink use.*

### Should Anyone Drink Energy Drinks? How Much Is Too Much?

Most of the health concerns involving energy drinks center on their caffeine content.

Importantly, it is generally recommended that adults consume no more than 400 mg of caffeine per day.

Energy drinks typically only contain around 80 mg of caffeine per 8 ounces (237 ml), which is pretty close to an average cup of coffee.

The problem is that many energy drinks are sold in containers larger than 8 ounces (237 ml). Additionally, some contain more caffeine, especially "energy shots" like 5-Hour Energy, which has 200 mg of caffeine in only 1.93 ounces (57 ml).

On top of that, several energy drinks also contain herbal extracts like guarana, a natural source of caffeine that contains around 40 mg of caffeine per gram.

Energy drink manufacturers are not required to include this in the caffeine content listed on the product label, which means the total caffeine content of many beverages can be drastically underestimated.

Depending on the type and size of the energy drink you consume, it is not hard to exceed the recommended amount of caffeine if you consume multiple energy drinks in one day.

Although occasionally drinking one energy drink is unlikely to cause any harm, it is probably wise to avoid consuming energy drinks as a part of your daily routine.

If you decide to consume energy drinks, limit them to no more than 16 ounces (473 ml) of a standard energy drink per day and try to limit all other caffeinated beverages to avoid excessive intake of caffeine.

*By Dr. Keith Pearson, PhD, RD © 2012-2019 Authority Nutrition. All rights reserved.*



"Strive mightily but eat and drink as friends"

# Bon Appetit



THE WEEKLY MENU & NEWSLETTER OF SPS FOOD SERVICES

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## Are Energy Drinks Good or Bad for You?

**E**nergy drinks are intended to boost your energy, alertness and concentration.

People of all ages consume them and they continue to grow in popularity.

But some health professionals have warned that energy drinks may have harmful consequences, which has led many people to question their safety.

This article weighs the good and the bad of energy drinks, providing an extensive review of their health effects.

### What Are Energy Drinks?

Energy drinks are beverages that contain ingredients marketed to increase energy and mental performance.

Red Bull, 5-Hour Energy, Monster, AMP, Rockstar, NOS and Full Throttle are examples of popular energy drink products.

Nearly all energy drinks contain the ingredient caffeine to stimulate brain function and increase alertness and concentration.

However, the amount of caffeine differs from product to product. This table shows the caffeine content of some popular energy drinks:

	Product Size	Caffeine Content
• Red Bull	8.4 oz (250 ml)	80 mg
• AMP	16 oz (473 ml)	142 mg
• Monster	16 oz (473 ml)	160 mg
• Rockstar	16 oz (473 ml)	160 mg
• NOS	16 oz (473 ml)	160 mg
• Full Throttle	16 oz (473 ml)	160 mg
• 5-Hour Energy	1.93 oz (57 ml)	200 mg
•		

Energy drinks also typically contain several other ingredients. A few of the most common ingredients other than caffeine are listed below:

- Sugar: Usually the main source of calories in energy drinks, although some do not contain sugar and are low-carb friendly.
- B vitamins: Play an important role in converting the food you eat into energy your body can use.
- Amino acid derivatives: Examples are taurine and L-carnitine. Both are naturally produced by the body and have roles in several biological processes.
- Herbal extracts: Guarana is likely included to add more caffeine, while ginseng may have positive effects on brain function.

**Summary:** *Energy drinks are designed to increase energy and mental performance. They contain a combination of caffeine, sugar, vitamins, amino acid derivatives and herbal extracts.*

### Energy Drinks Can Improve Brain Function

People consume energy drinks for a variety of reasons.

One of the most popular is to increase mental alertness by improving brain function.

But does research really show energy drinks can provide this benefit?

Multiple studies confirm that energy drinks can indeed improve measures of brain function like memory, concentration and reaction time, while also reducing mental fatigue.

In fact, one study, in particular, showed that drinking just one 8.4-ounce (500-ml) can of Red Bull increased both concentration and memory by about 24%.

Many researchers believe this increase in brain function can solely be attributed to caffeine, while others have speculated that the combination of caffeine and sugar in energy drinks is necessary to see the most benefit.

**Summary:** *Energy drinks can help people function while they're tired, but people may observe decreases in sleep quality following energy drink use.*

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