

Nutrition and Dental Health

Can an apple a day really keep the doctor away? Does sugar really cause cavities? These questions are frequently asked about teeth, so let's clarify some of the tales, truths and potential misunderstandings about dental health and nutrition. First, if your nutritional intake is poor, often your teeth will be the first to show signs that your body is lacking key nutrients. According to MyPlate, a website from the Center for Nutrition Policy and Promotion, an agency of U.S. Department of Agriculture, a balanced and healthy diet should include:

- **Fruits and vegetables:** Combined, these should cover half your plate at meals.
- **Grains:** At least half of the grains you eat should be whole grains, such as oatmeal, whole wheat bread and brown rice.
- **Dairy:** Choose low-fat or fat-free dairy foods most often.

- **Protein:** Make lean protein choices, such as lean beef, skinless poultry and fish. Vary your protein choices to also include eggs, beans, peas and legumes. Eat at least eight ounces of seafood a week.

As part of a healthy diet, it's important to note that the foods you eat and the beverages you drink can have a direct influence on the incidence and progression of tooth decay. Not only will "sugar" potentially harm teeth, but almost any type of carbohydrate can be troublesome. Bacteria in our mouth uses carbohydrates for food, so when you cut back on sugar in your diet, you automatically reduce your cavity risk. It is also very important to brush your teeth after eating any kind of food. At a minimum, you should brush your teeth morning and night and be sure to see a dentist every six months.



Sodexo is committed to promoting healthier food choices and encourages students and families to use the USDA MyPlate to build healthy and balanced meals.

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BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Manager's Choice ----- Fruit Juice & Milk	May 2 Cereal or Muffin Fruit ----- Fruit Juice & Milk	May 3 Cereal or Cinnamon Toast Bar Fruit ----- Fruit Juice & Milk
May 6 Cereal or Breakfast Bar Fruit ----- Fruit Juice & Milk	May 7 Cereal or Muffin Fruit ----- Fruit Juice & Milk	May 8 Cereal or Breakfast Bar Fruit ----- Fruit Juice & Milk	May 9 Cereal or Muffin Fruit ----- Fruit Juice & Milk	May 10 Cereal or Cinnamon Toast Bar Fruit ----- Fruit Juice & Milk
May 13 Cereal or Breakfast Bar Fruit ----- Fruit Juice & Milk	May 14 Cereal or Muffin Fruit ----- Fruit Juice & Milk	May 15 Manager's Choice ----- Fruit Juice & Milk	May 16 H&C English Muffin Bananas ----- Fruit Juice & Milk	May 17 Cereal or Cinnamon Toast Bar Fruit ----- Fruit Juice & Milk
May 20 Cereal or Breakfast Bar Fruit ----- Fruit Juice & Milk	May 21 Cereal or Muffin Fruit ----- Fruit Juice & Milk	May 22 Cereal or Breakfast Bar Fruit ----- Fruit Juice & Milk	May 23 Cereal or Muffin Fruit ----- Fruit Juice & Milk	May 24 Cereal or cinnamon Toast bar Fruit ----- Fruit Juice & Milk
May 27	May 28	May 29	May 30	May 31

Fresh Pick Recipe

PINEAPPLE SALSA (SERVES 6)

- 2 1/2 cups pineapple tidbits (drained)
- 1/2 cup green bell pepper (chopped)
- 1/4 cup red onion (chopped)
- 1/2 cup cilantro (chopped)
- 1/2 cup jalapeño pepper (drained and chopped)

Lime Dressing

- 1 tablespoon brown sugar
- 1/8 cup unsweetened lime juice
- 1/8 teaspoon black pepper (ground)

1. Drain pineapple.
2. Dice green pepper and onion.
3. Wash cilantro and pat dry. Pull leaves off of stem and roughly chop.
4. Drain and chop jalapeños.
5. Whisk together sugar, lime juice and pepper.
6. Combine pineapple, onion and pepper, cilantro and jalapeños with lime dressing in serving container. Mix well.
7. Refrigerate for 30 minutes prior to serving.

NUTRITION FACTS:
 70 calories, 1g fat,
 20mg sodium, 1g fiber

Nutrition Information is available upon request.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1	2	3
MANAGER'S CHOICE	Corn Dog Deli Bento Box ----- Sweet Potato Deep Groove Crinkles Orange Smiles	Pepperoni Pizza ----- Salad Apple Slices

6	7	8	9	10
Italian Dunkers (V) ----- Fresh Broccoli Bananas	Cheese Pizza (V) ----- Salad Applesauce Chocolate Chip Cookie	MANAGER'S CHOICE	Grilled Cheese Sandwich (V) Sunbutter & Jelly Sandwich (V) ----- Sweet Potato Deep Groove Crinkles Orange Smiles	Chicken Nuggets Dinner Roll ----- Mashed Potatoes & Gravy Apple Slices

13	14	15	16	17
Crispy Chicken Sandwich Deli Bento Box ----- Fresh Carrots Bananas	Macaroni & Cheese (V) ----- Roasted Broccoli Applesauce Chocolate Chip Cookie	MANAGER'S CHOICE	Popcorn Chicken Dinner Roll ----- Mashed Potatoes & Gravy Orange Smiles	Hamburger ----- Tater Tots Apple Slices

20	21	22	23	24
Chicken & Waffles ----- Sweet Potato Deep Groove Crinkles Bananas	Italian dunkers (V) ----- Parmesan Green Beans Applesauce Chocolate Chip Cookie	MANAGER'S CHOICE	Twisted Dog Sunbutter & Jelly Sandwich (V) ----- Roasted Broccoli Orange Smiles	Cheese Pizza (V) ----- Crinkle Cut Fries Apple Slices

27	28	29	30	31