

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2

Chef Salad
Ham & Cheese Sandwich
Classic Chicken Alfredo Mac
Cheeseburger

Mixed Vegetables, Baby Carrots,
Caesar
Salad, Fresh Apples & Diced
Peaches

3

Bento Box
Chicken Caesar Salad
Tater Tot Casserole
Walking Nachos

Aztec Corn, Fresh Broccoli,
Garden Salad, Diced Pears & Orange
Smiles

4

Yogurt Parfaits
Turkey & Cheese Sandwich
Crispy Chicken Sandwich
Baked Penne Pasta (V)

Potato Wedges, Celery Sticks,
Garden
Salad, Applesauce & Fresh Bananas

5

Yogurt Parfait
Sunbutter and Jelly Sandwich
Sweet and Sour Chicken
Mini Corn Dogs

Baked Beans, Fresh Broccoli, Garden
Salad, Mixed Fruit & Orange Smiles

6

All American Sandwich
Chef Salad
Chicken Enchilada Suiza
Cheese Pizza (V)

Roasted Broccoli & Carrots, Baby
Carrots, Garden Salad,
Cinnamon Swirled Apples & Fresh
Bananas

Fresh Pick of the Month: Strawberries!

9

Bento Box
Turkey and Cheese Sandwich
Classic Mac & Cheese (V)
Meatball Sub Sandwich

Roasted Broccoli, Baby Carrots,
Caesar Salad, Fresh Apples & Diced
Peaches

10

Chef Salad
Pizza Bento Box
Chicken Alfredo Mac
Beefy Tot'chos

Mixed Vegetables, Fresh Broccoli,
Garden Salad, Fresh Oranges &
Diced Pears

11

Yogurt Parfaits
Classic Ham & Cheese Sandwich
Popcorn Chicken
Hot Dog

Baked Beans, Fresh Broccoli, Garden
Salad, Applesauce & Fresh Bananas

12

Chicken Caesar Salad
Yogurt & Fruit Parfait (V)
Spaghetti with Meatballs
Teriyaki Chicken Rice Bowl

Roasted Broccoli & Carrots, Baby
Carrots, Garden Salad, Fresh
Oranges & Mixed Fruit

13

Ham and Cheese Sandwich
Crispy Chicken Wrap
Goey Grilled Cheese Sandwich
Pepperoni Pizza

Wedge Potato Fries, Celery Sticks,
Garden Salad,
Apples & Fresh Bananas

Local ingredients used when seasonally available

16

Chef Salad
Turkey and Cheese Sandwich
Crispy Chicken Sandwich
Breakfast 4 Lunch: Pancakes &
Scrambled Eggs(V)

Tater Tots, Baked Cinnamon Apples,
Baby
Carrots, Caesar Salad, Fresh Apples
& Diced Peaches

17

Manager's Choice

Roasted Broccoli & Carrots
Diced Pears, Fresh Broccoli, Garden
Salad

18

Sunbutter and Jelly Sandwich
Crispy Chicken Salad
Barbecue Chicken Sandwich
Bean & Cheese Nachos

Refried Beans, Applesauce, Fresh
Banana, Celery Sticks, Garden Salad

19

Yogurt Parfaits
All-American Sandwich
Chicken Nuggets
Corn Dogs

Emoji Potatoes & Green Beans
Mixed Fruits, Orange Smiles, Fresh
Broccoli, Garden Salad

20

Manager's Choice

Mixed Vegetables, Cinnamon Swirled
Apples, Baby Carrots, Garden Salad

Variety of fat free and low fat milk offered daily

23

Chicken Caesar Salad
Ham & Cheese Sandwich
Cheese Ravioli (V)
Chicken Nuggets

Tater Tots, Mixed Vegetables, Baby
Carrots,
Caesar Salad, Fresh Apples, Diced
Peaches

24

Variety of Sandwiches
Bento Box
Cheeseburger
Mac and Cheese (V)

Baked Beans, Fresh Broccoli, Garden
Salad, Diced Pears & Oranges Smiles

25

Chef Salad
Variety of Sandwiches
Pepperoni Pizza
Frito Chili Pie

Roasted Broccoli & Carrots, Celery
Sticks, Garden Salad, Applesauce &
Fresh Bananas

26

Manager's Choice
Last Day of School!

Fresh Garden and Variety of Fruits



(V) denotes vegetarian friendly item

30

31



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.

liftoffsplayground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
May 2 Sausage Biscuit Yogurt & Fruit Applesauce	May 3 Whole Grain Bagel Blueberry Muffin Diced Peaches	May 4 French Toast Sticks Fruit & Yogurt Apple Slices	May 5 Honey Glazed Chicken Biscuit Chocolate Muffin Banana	May 6 Cinnamon Roll Fruit & Yogurt Mixed Fruit
May 9 American Breakfast Sandwich Yogurt & Fruit Parfait Mixed Fruit	May 10 Pancakes Yogurt & Fruit Parfait Diced Peaches	May 11 Variety of Breakfast Bars Yogurt & Fruit Parfait Bananas & Orange Smiles	May 12 Breakfast Taco Roll Yogurt & Fruit Parfait Orange Smiles	May 13 Cinnamon Roll Yogurt & Fruit Parfait Applesauce
May 16 Waffles Fruit & Yogurt Diced Pears	May 17 Pancake Sausage Bites Fruit & Yogurt Applesauce	May 18 Variety of Muffins Fruit & Yogurt Applesauce	May 19 Breakfast Egg Sandwich Fruit & Yogurt Fresh Banana	May 20 Variety of Breakfast Bars Fruit & Yogurt Applesauce Mixed Fruit
May 23 Pancakes Variety of Muffins Mixed Fruit	May 24 Bacon Scramble Breakfast Pizza Pop Tarts Baked Cinnamon Apples	May 25 French Toast Sticks Pop Tarts Fresh Banana & Orange Smiles	May 26 Biscuit & Gravy Pop Tarts Diced Peaches	May 27
May 30	May 31			

Fresh Pick Recipe

STRAWBERRY SALSA WITH BAKED CORN CHIPS

- ¼ c Red onion (small dice)
- 1 Jalapeno pepper (minced)
- 1 Yellow bell pepper (medium dice)
- 1 Green pepper (medium dice)
- 1/2 Cucumber (medium dice)
- 1 Pint Strawberries (large dice)
- 1/2 c Pineapple (medium dice)
- 1/2 C Cilantro leaves
- 1/2 c Orange juice
- 2 T Lime juice
- 2 T Extra virgin olive oil
- Salt and pepper to taste
- Baked tortilla chips/scoops

1. Prepare all ingredients as directed.
2. In medium bowl mix all of the ingredients except for the chips.
3. Serve the salsa with the chips on the side.