

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

Cheeseburger
Mac & Cheese (V)
Ham & Cheese Sandwich
Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot
Roasted Squash & Zucchini
Variety of Fruits and Vegetables

2

Cheese Pizza (V)
Popcorn Chicken Bowl
Crispy Chicken Wrap
Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot
Baked Beans
Variety of Fruits and Vegetables

3

Italian Cheese Dippers w/ Marinara
Sauce (V)
Beef & Cheese Nachos
Pizza Bento Box
Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot
California Blend Vegetables
Variety of Fruits and Vegetables

4

Corndog
Chicken Enchilada Suiza
Turkey & Cheese Sandwich
Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot
Roasted Mixed Vegetables
Variety of Fruits and Vegetables

5

Meatball Sub
Pepperoni Pizza
Sunbutter & Jelly Sandwich (V)
Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot
Emoji Potatoes
Variety of Fruits and Vegetables

Fresh pick of the month: Tomatoes!

8

BBQ Chicken Sandwich
Chicken Alfredo Mac
Pizza Bento Box (V)
Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot
Sweet Potato Fries
Variety of Fruits and Vegetables

9

Cheese Pizza (V)
Chicken Quesadilla
All-American Sandwich
Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot
Peas & Carrots
Variety of Fruits and Vegetables

10

Grilled Cheese Sandwich (V)
Spaghetti & Meatballs
Turkey & Cheese Sandwich
Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot
Roasted Broccoli
Variety of Fruits and Vegetables

11

Pepperoni Pizza
Rib-BQ Sandwich
Sunbutter & Jelly Sandwich (V)
Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot
Baked Beans and Tater Tots
Variety of Fruits and Vegetables

12

Chicken Nuggets
Bean Burrito
Ham & Cheese Sandwich
Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot
Steamed Corn & Mashed Potatoes & Gravy
Variety of Fruits and Vegetables

Seasonal fruit & vegetables offered daily on garden bar

15

Walking Nachos
Chicken Sandwich
Sunbutter & Jelly Sandwich (V)
Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot
Refried Beans and Potato Wedges
Variety of Fruits and Vegetables

16

Cheesy Chicken Spaghetti
Cheeseburger
Crispy Chicken Wrap
Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot
Roasted Broccoli
Variety of Fruits and Vegetables

17

Brunch 4 Lunch
Pepperoni Pizza
All-American Sandwich
Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot
Baked Cinnamon Apples
Variety of Fruits and Vegetables

18

Corn Dog
Crispy Chicken Nuggets
Chicken Caesar Wrap
Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot
Roasted Carrots and Emoji Potatoes
Variety of Fruits and Vegetables

19

Manager's Choice
Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot
Variety of Fruits and Vegetables

(V) denotes vegetarian-friendly item

22

Italian Cheese Dippers w/ Marinara
Sauce (V)
Breaded Chicken Drumstick
Ham & Cheese Sandwich
Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot
Green Beans
Variety of Fruits and Vegetables

23

Homemade Beef Lasagna
Chicken & Waffles
Buffalo Chicken Wrap
Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot
Roasted Squash & Zucchini
Variety of Fruits and Vegetables

24

Cheese Pizza (V)
Bean & Cheese Nachos (V)
Crispy Chicken Wrap
Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot
Pinto Beans
Variety of Fruits and Vegetables

25

Oklahoma Twister Dog
Orange Chicken w/ Brown Rice
Sunbutter & Jelly Sandwich
Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot
Cooked Peas
Variety of Fruits and Vegetables

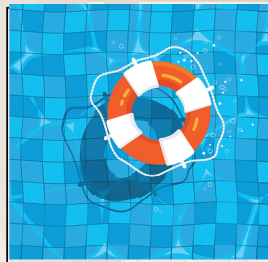
26

Manager's Choice
Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot
Variety of Fruits and Vegetables

Fat-free and low-fat milk offered daily



30



MENU SUBJECT TO CHANGE BASED ON PRODUCT AVAILABILITY

This institution is an equal opportunity provider.

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.

www.liftoffsplyground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
May 1 French Toast Assorted Cereal Buttered Toast Applesauce	May 2 Biscuit & Gravy Assorted Cereal Cinnamon Toast Orange Smiles	May 3 Breakfast Pizza Assorted Cereal Buttered Toast Bananas	May 4 Ham & Cheese English Muffin Assorted Cereal Oatmeal w/ Toppings Craisins	May 5 Breakfast Taco Assorted Cereal Cinnamon Toast Sliced Apples
May 8 Pancake Sausage Bites Assorted Cereal Buttered Toast Applesauce	May 9 Biscuit & Gravy Assorted Cereal Cinnamon Toast Orange Smiles	May 10 Breakfast Pizza Assorted Cereal Buttered Toast Bananas	May 11 Ham & Cheese English Muffin Assorted Cereal Oatmeal w/ Toppings	May 12 Breakfast Taco Assorted Cereal Cinnamon Toast Sliced Apples
May 15 Cinnamon Toast Crunch Breakfast Bar Assorted Cereal Buttered Toast Applesauce	May 16 Biscuit & Gravy Assorted Cereal Cinnamon Roll Orange Smiles	May 17 Breakfast Pizza Assorted Cereal Buttered Toast Bananas	May 18 Ham & Cheese English Muffin Assorted Cereal Oatmeal w/ Toppings Craisins	May 19 Manager's Choice
May 22 French Toast Assorted Cereal Buttered Toast Applesauce	May 23 Biscuit & Gravy Assorted Cereal Cinnamon Toast Orange Smiles	May 24 Breakfast Pizza Assorted Cereal Buttered Toast Bananas	May 25 Ham & Cheese English Muffin Assorted Cereal Oatmeal w/ Toppings Craisins	May 26 Manager's Choice
May 29	May 30	May 31		

Fresh Pick Recipe

AVOCADO TOMATO SALAD (SERVES 4)

- 1/3 cup and 1 Tbsp avocados (cubes)
- 1 Tbsp and 1 3/4 tsp lime juice
- 1 1/2 cups and 1 1/2 Tbsp peeled cucumber (chopped)
- 1 1/2 cups and 1 1/2 Tbsp red tomato (chopped)
- 2 3/8 tsp cilantro
- 2 3/8 tsp parsley (chopped)
- 1/8 tsp salt
- 1/8 tsp black pepper
- 3 Tbsp and 5/8 tsp Italian salad dressing

1. Cut avocado in half. Remove seed with chef knife and peel with teaspoon. Dice. Toss with lime juice to prevent browning.
2. Peel and dice cucumber 1/4".
3. Dice tomato 1/4".
4. Wash cilantro and parsley and pat dry. Pull leaves off the stem and roughly chop.
5. Combine cucumber, tomato, cilantro, salt and pepper with dressing in a large non-reactive bowl.
6. Allow at least 30 minutes for the flavors to meld.
7. Before serving, gently mix in avocados and garnish with parsley.