

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2

Cheeseburger

Mixed Vegetables
Diced Peaches

3

Walking Nachos

Aztec Corn
Diced Pears

4

Crispy Chicken Sandwich

Potato Wedges
Applesauce

5

Mini Corndogs

Baked Beans
Mixed Fruit

6

Cheese Pizza (V)

Roasted Broccoli & Carrots
Cinnamon Swirled Apples

Fresh Pick of the Month: Strawberries!

9

Classic Mac & Cheese (V)

Roasted Broccoli
Diced Peaches

10

All American Sandwich

Mixed Vegetables
Diced Pears

11

Popcorn Chicken

Baked Beans
Applesauce

12

Teriyaki Chicken Rice Bowl

Roasted Broccoli & Carrots
Orange Smiles

13

Goey Grilled Cheese Sandwich

Potato Wedges
Cinnamon Swirled Apples

Local ingredients used when seasonally available

16

Crispy Chicken Sandwich

Tater Tots
Diced Peaches

17

Cheesy Quesadilla

Roasted Broccoli & Carrots
Diced Pears

18

BBQ Chicken Sandwich

Mexican Black Beans
Applesauce

19

Chicken Nuggets

Green Beans
Mixed Fruit

20

Homestyle Cheese Pizza (V)

Mixed Vegetables
Cinnamon Swirled Apples

Variety of fat free and low fat milk offered daily

23

Ham and Cheese Sandwich

Mixed Vegetables
Diced Pears

24

Mac and Cheese (V)

Baked Beans
Diced Pears

25

Pepperoni Pizza

Roasted Broccoli & Carrots
Applesauce

26

Chicken Sandwich

Tater Tots
Oranges



(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.

liftoffsplyground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
May 2 Assorted Cereal Milk Juice	May 3 Assorted Cereal Milk Juice	May 4 Assorted Cereal Milk Juice	May 5 Assorted Cereal Milk Juice	May 6 Assorted Cereal Milk Juice
May 9 Assorted Cereal Milk Juice	May 10 Assorted Cereal Milk Juice	May 11 Assorted Cereal Milk Juice	May 12 Assorted Cereal Milk Juice	May 13 Assorted Cereal Milk Juice
May 16 Assorted Cereal Milk Juice	May 17 Assorted Cereal Milk Juice	May 18 Assorted Cereal Milk Juice	May 19 Assorted Cereal Milk Juice	May 20 Assorted Cereal Milk Juice
May 23 Assorted Cereal Milk Juice	May 24 Assorted Cereal Milk Juice	May 25 Assorted Cereal Milk Juice	May 26 Assorted Cereal Milk Juice	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.