

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

Cheeseburger or
Ham & Cheese Sandwich
Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot
Roasted Vegetables
Orange Smiles

2

Popcorn Chicken or
All American Sandwich
Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot
Baked Beans
Bananas

3

Italian Cheese Dippers w/ Marinara
Sauce (V) or
Pizza Bento Box
Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot
California Blend Vegetables
Applesauce

4

Corndog or
Turkey & Cheese Sandwich
Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot
Roasted Mixed Vegetables
Orange Smiles

5

Pepperoni Pizza or
Yogurt Parfait
Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot
Carrot Coins
Applesauce

Fresh pick of the month: Tomatoes!

8

Chicken Sandwich or
Ham & Cheese Sandwich
Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot
Sweet Potato Fries
Orange Smiles

9

Cheese Pizza (V) or
All American Sandwich
Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot
Peas & Carrots
Bananas

10

Grilled Cheese Sandwich (V) or
Turkey and Cheese Sandwich
Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot
Roasted Broccoli
Applesauce

11

Pepperoni Pizza or
Yogurt Parfait
Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot
Charro Beans
Orange Smiles

12

Chicken Nuggets or
Ham & Cheese Sandwich
Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot
Steamed Corn & Mashed Potatoes &
Gravy
Applesauce

Seasonal fruit & vegetables offered daily on garden bar

15

Hot Ham and Cheese Sandwich or
Sunbutter & Jelly Sandwich (V)
Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot
Potato Wedges
Orange Smiles

16

Cheeseburger or
All American Sandwich
Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot
Baked Beans
Bananas

17

Pepperoni Pizza or
Yogurt Parfait
Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot
Sweet Potato Fries
Baked Cinnamon Apples

18

Crispy Chicken Nuggets or
Turkey & Cheese Sandwich
Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot
Emoji Potatoes
Orange Smiles

19

Cheese Pizza (V) or
Pinwheel Party Box
Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot
Mixed Vegetables
Applesauce

(V) denotes vegetarian-friendly item

22

Italian Cheese Dippers w/ Marinara
Sauce (V) or
Ham & Cheese Sandwich
Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot
Green Beans
Orange Smiles

23

Lasagna Roll Up or
Turkey & Cheese Sandwich
Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot
Roasted Vegetables
Bananas

24

Cheese Pizza (V) or
All American Sandwich
Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot
California Vegetables
Applesauce

25

Popcorn Chicken or
Oklahoma Twister Dog
Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot
Cooked Peas
Orange Smiles

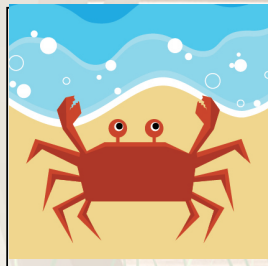
26

Grilled Cheese (V) or
Turkey and Cheese Sandwich
Hot Hot Hot Hot Hot Hot Hot Hot Hot Hot
Sweet Potato Fries
Applesauce

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.liftoffsp playground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
May 1 Cereal or Breakfast Bar Juice Milk	May 2 Cereal or Muffin Juice Milk	May 3 Cereal or Mini Cinni Juice Milk	May 4 Cereal or Poptart Juice Milk	May 5 Cereal or Breakfast Bar Juice Milk
May 8 Cereal or Muffin Juice Milk	May 9 Cereal or Breakfast Bar Juice Milk	May 10 Cereal or Poptart Juice Milk	May 11 Cereal or Breakfast Round Juice Milk	May 12 Cereal or Muffin Juice Milk
May 15 Cereal or Mini Cinni Juice Milk	May 16 Cereal or Breakfast Bar Juice Milk	May 17 Cereal or Muffin Juice Milk	May 18 Cereal or Breakfast Bar Juice Milk	May 19 Cereal or Poptart Juice Milk
May 22 Cereal or Muffin Juice Milk	May 23 Cereal or Breakfast Bar Juice Milk	May 24 Cereal or Poptart Juice Milk	May 25 Cereal or Breakfast Round Juice Milk	May 26 Cereal or Muffin Juice Milk
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.