

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2

Ham & Cheese Sandwich
Classic Chicken Alfredo Mac
Cheeseburger
Mixed Vegetables, Baby Carrots,
Caesar
Salad, Fresh Apples & Diced
Peaches

3

Chicken Caesar Salad
Glazed Chicken Drumstick
Walking Nachos
Aztec Corn, Fresh Broccoli,
Garden Salad, Diced Pears & Orange
Smiles

4

Turkey & Cheese Sandwich
Crispy Chicken Sandwich
Baked Penne Pasta (V)
Potato Wedges, Celery Sticks, Super
Salad, Applesauce & Fresh Bananas

5

All American Sandwich
Parmesan Chicken
Mini Corn Dogs
Baked Beans, Fresh Broccoli, Garden
Salad, Mixed Fruit & Orange Smiles

6

No School

Fresh Pick of the Month: Strawberries!

9

Bento Box
Classic Mac & Cheese (V)
Black Bean Burger
Roasted Broccoli, Baby Carrots,
Caesar Salad, Fresh Apples & Diced
Peaches

10

Chef Salad
Chicken Alfredo Mac
Beefy Tot'chos
Mixed Vegetables, Fresh Broccoli,
Garden Salad, Fresh Oranges &
Diced Pears

11

Classic Ham & Cheese Sandwich
Popcorn Chicken Bowl
Hot Dog
Baked Beans, Fresh Broccoli, Super
Salad, Applesauce & Fresh Bananas

12

Yogurt & Fruit Parfait (V)
Spaghetti with Meatballs
Teriyaki Chicken Rice Bowl
Roasted Broccoli & Carrots, Baby
Carrots, Garden Salad, Fresh
Oranges & Mixed Fruit

13

No School

Local ingredients used when seasonally available

16

Pizza Bento Box
Crispy Chicken Sandwich
Breakfast 4 Lunch: Pancakes &
Scrambled Eggs(V)
Tater Tots, Baked Cinnamon Apples,
Baby
Carrots, Caesar Salad, Fresh Apples
& Diced Peaches

17

Fun Day

18

Barbecue Chicken Sandwich
Bean & Cheese Nachos
Crispy Chicken Salad
Refried Beans, Applesauce, Fresh
Banana, Celery Sticks, Super Salad

19

All-American Sandwich
Chicken Nuggets
Mini Corn Dogs
Emoji Potatoes & Green Beans
Mixed Fruits, Orange Smiles, Fresh
Broccoli, Garden Salad

20

No school

Variety of fat free and low fat milk offered daily

23

Cafeteria Choice

24

Cafeteria Choice

25

26

27

(V) denotes vegetarian friendly item

30

31

fresh pick
for better health
in schools



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 Smoothie Applesauce	May 3 Whole Grain Bagel Blueberry Muffin Diced Peaches	May 4 French Toast Sticks Fruit & Yogurt Smoothie Apple Slices	May 5 Honey Glazed Chicken Biscuit Chocolate Muffin Banana	No school
May 9 American Breakfast Sandwich Yogurt & Fruit Parfait Raisins	May 10 Pancakes Yogurt & Fruit Parfait Diced Peaches	May 11 Oatmeal Round Yogurt & Fruit Parfait Bananas & Orange Smiles	May 12 Breakfast Taco Roll Yogurt & Fruit Parfait Orange Smiles	No school
May 16 Confetti Pancakes Fruit & Yogurt Smoothie Diced Pears	May 17 Pancake Sausage Bites Fruit & Yogurt Smoothie Applesauce	May 18 Banana Muffin Fruit & Yogurt Smoothie Applesauce Baked Cinnamon	May 19 Breakfast Egg Sandwich Fruit & Yogurt Smoothie Fresh Banana	No school
May 23 Mini Cinnamon Bagels Chocolate Muffin Mixed Fruit	May 24 Bacon Scramble Breakfast Pizza Apple Pie Oats Baked Cinnamon Apples & Raisins			

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 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.