

### MONDAY



### TUESDAY



### WEDNESDAY

### THURSDAY

### FRIDAY

Breakfast Includes: Choice of entrée, choice of fruit(s), and low-fat or fat-free milk.

**6**

**Breakfast:**  
French Toast Stick (v)

**Lunch:**  
Tot'chos  
offered w/ WG Tortilla Chips  
or  
Turkey & Cheese Sandwich

**7**

**Breakfast:**  
Yogurt with Grahams (v)

**Lunch:**  
Glazed Chicken Drumstick  
w/ Potato Wedges & WG Rolls,  
Chef Salad w/ WG Rolls  
or  
Sunbutter & Jelly Sandwich (v)

**8**

**Breakfast:**  
Blueberry Muffin  
w/ Cheese Stick

**Lunch:**  
Chicken Potato Bowl w/ WG Roll  
or  
Ham & Cheese Sandwich

**9**

**Breakfast:**  
Protein Power Up Pack Box

**Lunch:**  
Crispy Chicken Burger,  
Chicken Caesar Salad w/ WG Rolls  
or  
Italian Stacker

**10**

**Breakfast:**  
Cinnamon Roll w/ Icing

**Lunch:**  
Cheese (v) or Pepperoni  
Pizza,  
or  
American Sandwich

Daily Breakfast Entrées: Choice of Bagel w/ Cream Cheese, and a Variety of Whole Grain Cereals w/ Cheese Stick or Graham Crackers.

**13**

**Breakfast:**  
Sausage Pancake on a Stick

**Lunch:**  
Teriyaki Chicken over Brown Rice  
Offered  
w/ Roasted Broccoli & Carrots,  
Turkey & Cheese Sandwich  
or  
Sunbutter & Jelly Sandwich (V)

**14**

**Breakfast:**  
Yogurt w/ Graham Crackers

**Lunch:**  
Brunch for Lunch:  
Pancakes w/ Sausage  
Offered w/ Baked Cinnamon  
Raisin Apples,  
or  
Chef Salad w/ WG Rolls

**15**

**Breakfast:**  
Egg & Cheese  
Breakfast Sandwich

**Lunch:**  
Bean & Cheese Nachos (v)  
or  
Italian Sub Sandwich

**16**

**Breakfast:**  
Buttermilk Pancakes  
w/ Syrup

**Lunch:**  
Homestyle Baked Penne Pasta (v)  
Offered w/ Roasted Green Beans  
or  
American Sandwich

**17**

**Breakfast:**  
Freshly Baked  
Banana Muffin Top (v)

**Lunch:**  
Cheese (v) or Pepperoni  
Pizza  
or  
Poppin' Chicken Salad  
w/ WG Roll

Lunch Includes: Choice of entrée, variety of inviting fruits and vegetables, and low-fat or fat-free milk.

**20**

**Breakfast:**  
Breakfast Pizza

**Lunch:**  
Cheesy Breadsticks  
w/ Marinara,  
or  
Ham & Cheese Sandwich

**21**

**Breakfast:**  
Pancake Bites

**Lunch:**  
Cheese Raviolis w/ WG Roll (v)  
Offered w/ Mixed Veggies  
or  
Deli Stackables

**22**

**Breakfast:**  
Sausage & Cheese Biscuit

**Lunch:**  
Orange Chicken over Brown Rice  
Offered w/ Roasted Broccoli  
& Carrots  
or  
Sunbutter & Jelly Sandwich (v)

**23**

**Breakfast:**  
Apple Frudel

**Lunch:**  
Creamy Mac & Cheese (V)  
or  
Fresh Garden Salad  
w/ WG Rolls (v)

**24**

**Breakfast:**  
Scratch Made French Toast  
w/ Syrup

**Lunch:**  
Cheese (v) or Pepperoni  
Pizza  
or  
Turkey & Cheese Sandwich

Meatless items marked with (v)



**28**

**Breakfast:**  
Breakfast Pizza

**Lunch:**  
Turkey Soft Taco  
w/ Lettuce Shreds & Salsa  
or  
Italian Sub Sandwich

**29**

**Breakfast:**  
Yogurt with Grahams (v)

**Lunch:**  
Sweet & Sour Chicken over  
Brown Rice  
Offered w/ Roasted Broccoli &  
Carrots,  
Sunbutter & Jelly Sandwich (v)  
or  
Chef Salad w/ WG Rolls

**30**

**Breakfast:**  
Baked Peach Oatmeal  
w/ Cheese Stick

**Lunch:**  
Cheesy Breadsticks w/ Marinara (v),  
Crispy Chicken Wrap  
or  
Pinwheel Party Box

**31**

**Breakfast:**  
Cinnamon Roll w/ Icing

**Lunch:**  
Cheese (v) or Pepperoni  
Pizza  
or  
Chicken Caesar Salad  
w/ WG Rolls

Menu subject to change without warning.

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.

liftoffsplyground.com

## Healthier Versions of Traditional Cinco de Mayo Foods

Cinco de Mayo, or the fifth of May, marks the celebration of the Mexican victory over French forces at the Battle of Puebla on May 5, 1862. This day is frequently celebrated with many delicious traditional foods like tacos, enchiladas, tamales, fajitas and guacamole. These traditional favorites are filled with flavor but sometimes also contain significant amounts of calories or fat. Fortunately, healthier versions of Cinco de Mayo recipes are easily achievable, and they taste great, too. At its core, Mexican cuisine is very healthy, so begin by sticking to the basic ingredients and try to avoid thick, layered dips and extra cheese. Here are a few additional tips for a healthier Cinco de Mayo:

1. If you are going to enjoy the calorie laden items, reduce your portion sizes.
2. Good news – you can load up on salsa because it counts as a vegetable. You can also make salsa with fruit.
3. While guacamole is considered to be high in fat, fortunately the type of fat in avocados is healthier than the saturated fats found in some meats and cheese.
4. Consider making your own corn tortilla chips to enjoy with guacamole and salsa.
5. Lighten up tacos and other dishes that require beef by choosing the leanest beef, substituting with 100% turkey or chicken breast meat and/or reducing the volume of meat and adding in some beans instead.
6. Consider reducing the volume of cheese in recipes and/or using a lower-fat version.

A few simple steps can go a long way in enhancing the healthfulness of your celebration. Enjoy!

*Our foodservice facility prepares and serves some products which may contain ingredients identified as food allergens. For more information on food allergies, go to <http://www.foodallergy.org/>.*

## Fresh Pick Recipe

### PINEAPPLE SALSA (SERVES 6)

- 2 1/2 cups pineapple tidbits (drained)
- 1/2 cup green bell pepper (chopped)
- 1/4 cup red onion (chopped)
- 1/2 cup cilantro (chopped)
- 1/2 cup jalapeño pepper (drained and chopped)

#### Lime Dressing

- 1 tablespoon brown sugar
- 1/8 cup unsweetened lime juice
- 1/8 teaspoon black pepper (ground)

1. Drain pineapple.
2. Dice green pepper and onion.
3. Wash cilantro and pat dry. Pull leaves off of stem and roughly chop.
4. Drain and chop jalapeños.
5. Whisk together sugar, lime juice and pepper.
6. Combine pineapple, onion and pepper, cilantro and jalapeños with lime dressing in serving container. Mix well.
7. Refrigerate for 30 minutes prior to serving.

**NUTRITION FACTS:**  
70 calories, 1g fat,  
20mg sodium, 1g fiber



## School Meal Prices:

All students are eligible to receive student meals at no cost.

**BREAKFAST:** Extra entrée or entrée only - \$2.00~**LUNCH:** Extra entrée - \$3.00

Milk Only (purchased without a meal) at breakfast or lunch \$.40

**Adult Breakfast \$3.25~Adult Lunch \$5.00**

Nutrition Information is available upon request.

