Cotteral & Central Elementary School

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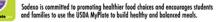
Nutrition and Dental Health

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 after eating any kind of food that you brush your teeth. At a minimum you should brush your teeth morning and night and be sure to see a dentist every 6 months.



BREAKFAST MENU				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			February 1 Cheesy Omelet Mixed Fruit	February 2 Biscuit with Gravy Diced Pears
February 5 Egg & Cheese Bagel Sandwich Diced Peaches	February 6 French Toast Sticks Orange Smiles	February 7 Breakfast Pizza Bananas	February 8 Cheesy Scrambled Eggs Mixed Fruit	February 9 Biscuit with Gravy Diced Pears
February 12 Sausage Biscuit Diced Pears	February 13 Pancakes Orange Smiles	February 14 Breakfast Pizza Bananas	February 15 Egg & Cheese Biscuit Orange Smiles	February 16 Biscuit with Gravy Diced Pears
February 19 Professional Day No School	February 20 Sausage Biscuit Orange Smiles	February 21 Breakfast Pizza Bananas	February 22 Cheesy Omelet Mixed Fruit	February 23 Biscuit with Gravy Diced Pears
February 26 Egg & Cheese Bagel Sandwich Diced Peaches	February 27 French Toast Sticks Orange Smiles	February 28 Breakfast Pizza Bananas		

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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) 1/2 c Pineapple(medium dice) 1/2 c Dilantro 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
 Prepare all ingredients as directed. In medium bowl mix all of the ingredients except for the chips. Serve the salsa with the chips on the side.

What is a reimbursable meal?

To qualify for a reimbursable lunch, each student must select at least 3 of the 5 components offered. One selection must be a fruit or vegetable. Meal components include fruits, vegetables, grains, meat/meat alternative, and milk.

