

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3	4	5	6	7
Sunbutter & Jelly Uncrustable Cheeseburger ~~~~~ Roasted Broccoli, Baby Carrots, Diced Peaches & Fresh Apples	Blueberry Patch Parfait (V) Cheese Pizza (V) ~~~~~ Mixed Vegetables, Garden Salad, Diced Pears & Fresh Oranges	Deli Stackables Box Chicken Nuggets with Dinner Roll ~~~~~ Whipped Potatoes & Gravy, Applesauce & Fresh Bananas	All American Sandwich Spaghetti & Meat Sauce ~~~~~ Green Beans, Garden Salad, Mixed Fruit	Classic Ham & Cheese Sandwich Chicken Sandwich ~~~~~ French Fries, Cinnamon Apples & Fresh Bananas

10	11	12	13	14
Turkey & Cheese Sandwich Italian Dunkers ~~~~~ Roasted Broccoli, Baby Carrots, Fresh Apples *Mini Rice Krispies Treat!*	Double Berry Parfait (V) Cheese Nachos (V) ~~~~~ Refried Beans, Diced Pears & Orange Smiles	EZ Pizza Box Chicken Nuggets with Dinner Roll ~~~~~ Green Beans, Whipped Potatoes & Gravy, Fresh Bananas	All American Sandwich Breakfast For Lunch: Pancakes! ~~~~~ Baked Cinnamon Apples, Tater Tots, Fresh Broccoli	Classic Ham & Cheese Sandwich Pepperoni Pizza ~~~~~ Seasoned Carrots, Side Salad & Fresh Bananas

Local ingredients used when seasonally available.

17	18	19	20	21
Sunbutter & Jelly Sandwich (V) Cheese Nachos ~~~~~ Refried Beans, Diced Peaches & Fresh Apples	Just Peachy Parfait (V) Cheeseburger ~~~~~ Roasted Broccoli & Carrots, Garden Salad & Orange Smiles	Classic Ham & Cheese Sandwich Home Run Hot Dog ~~~~~ Emoji Potatoes, Applesauce & Fresh Bananas	All American Sandwich Chef's Choice ~~~~~ Corn, Fresh Broccoli, Garden Salad, Mixed Fruit *Mini Rice Krispies Treat!*	Classic Ham & Cheese Sandwich Frito Chili Pie (V) ~~~~~ Citrus Glazed Carrots, Celery Sticks, & Fresh Bananas

Variety of fat free and low fat milk are offered daily. (V)

24	25	26	27	28
Turkey & Cheese Sandwich Rib-b-que Sandwich ~~~~~ Potato Wedges, Diced Peaches	Strawberry Parfait Pepperoni Pizza ~~~~~ Green Beans, Diced Pears	Have A Great Summer Break!		

Denotes a vegetarian friendly item.

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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 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.liftoffsplyground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
May 3 Sausage Biscuit Fruit & Yogurt Smoothie Applesauce	May 4 Breakfast Pizza Muffin Diced Peaches	May 5 French Toast Sticks Yogurt & Fruit Smoothie Fresh Apples	May 6 Biscuit & Gravy Poptart Banana	May 7 Filled Cinnamon Toast Crunch Bar Yogurt & Fruit Smoothie Mixed Fruit
May 10 Breakfast Sandwich Yogurt & Fruit Parfait Diced Pears	May 11 Pancakes Muffin Diced Peaches	May 12 Oatmeal Round Yogurt & Fruit Parfait Fresh Banana	May 13 Chef's Choice Poptart Fresh Oranges	May 14 Cinnamon Roll Yogurt & Fruit Parfait Applesauce
May 17 Confetti Pancakes Fruit & Yogurt Smoothie Diced Pears	May 18 Breakfast Pizza Muffin Mixed Fruit	May 19 Muffin Fruit and Yogurt Smoothie Fresh Oranges	May 20 Egg & Cheese Biscuit Poptart Bananas	May 21 Chef's Choice Fruit & Yogurt Smoothie Applesauce
May 24 French Toast Sticks Mini Cinnamon Bagels Mixed Fruit	May 25 Breakfast Pizza Chef's Choice Diced Peaches			
				Assorted Cereal Served Daily!

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.



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.



Nutrition Information is available upon request.

