

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.

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BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Variety of cereal offered daily		May 1 MANAGER'S CHOICE ----- Fruit Juice & Milk	May 2 Scrambled Eggs & Toast Donut Bananas ----- Fruit Juice & Milk	May 3 Sausage Biscuit Apple Slices ----- Fruit Juice & Milk
May 6 French Toast Sticks Applesauce ----- Fruit Juice & Milk	May 7 Breakfast Pizza Biscuits & Gravy Bananas ----- Fruit Juice & Milk	May 8 MANAGER'S CHOICE ----- Fruit Juice & Milk	May 9 Sausage Biscuit Donut Bananas ----- Fruit Juice & Milk	May 10 Pancake Bites Apple Slices ----- Fruit Juice & Milk
May 13 Cinnamon Toast Crunch Pastry Bar Applesauce ----- Fruit Juice & Milk	May 14 Scrambled Eggs & Toast Donut Bananas ----- Fruit Juice & Milk	May 15 MANAGER'S CHOICE ----- Fruit Juice & Milk	May 16 H&C English Muffin Cinnamon Roll Craisins ----- Fruit Juice & Milk	May 17 Sausage Biscuit Apple Slices ----- Fruit Juice & Milk
May 20 French Toast Bites Applesauce ----- Fruit Juice & Milk	May 21 Apple Cinnamon Muffin Egg & Cheese English Muffin Bananas ----- Fruit Juice & Milk	May 22 MANAGER'S CHOICE ----- Fruit Juice & Milk	May 23 Yogurt Waffle Flatbread Stacker Bananas ----- Fruit Juice & Milk	May 24 Pancakes Apple Slices ----- Fruit Juice & Milk
May 27	May 28	May 29	May 30	May 31

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

Nutrition Information is available upon request.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

2

3

MANAGER'S CHOICE

4

Corn Dog
Beef & Cheese Nachos
Turkey & Cheese Sandwich

Mexican Black beans
Sweet Potato Deep Groove crinkles

5

Chicken Enchilada Suiza
Pepperoni Pizza
Sunbutter & Jelly Sandwich (V)

Roasted Broccoli & Carrots
Refried Beans

6

Chicken Alfredo Mac
Italian Cheese Dippers (V)
Pizza Bento Box (V)

Roasted Green Beans
Roasted Broccoli

7

Cheese Pizza (V)
Crispy Tacos
American Sandwich

Pinto Beans
Chocolate Chip Cookie

8

MANAGER'S CHOICE

9

Chili Cheese Dog
Frito Chili Pie
Sunbutter & Jelly Sandwich (V)

Tater Tots
Corn

10

Chicken Nuggets
Tater Tot Casserole
Ham & Cheese Sandwich

Glazed Carrots
Mashed Potatoes & Gravy

13

Walking Nachos
BBQ Chicken Sandwich
Sunbutter & Jelly Sandwich (V)

Refried Beans
Sweet Peas

14

Macaroni & Cheese (V)
Corn Dog
Crispy Chicken Wrap

Crinkle Cut Fries
Chocolate Chip Cookie

15

MANAGER'S CHOICE

16

Chicken Nuggets
Cheesy Chicken Spaghetti
Chicken Caesar Wrap

Carrots
Mashed Potatoes & Gravy

17

Sloppy Joes
Hamburger
Just Peachy Parfait (V)

Mixed Vegetables
Tater Tots

20

Chili Cheese Fries
Chicken & Waffles
Ham & Cheese Sandwich

Sweet Potato Deep Groove Crinkles
Corn

21

Italian Dunkers (V)
Crispy Tacos
Buffalo Chicken Wrap

Parmesan Green Beans
Chocolate Chip Cookie

22

MANAGER'S CHOICE

23

Twisted Dog
Orange Chicken
Sunbutter & Jelly Sandwich (V)

Roasted Broccoli
Tater Tot

24

Cheese Pizza (V)
Ham & Cheese Melt
Chicken Caesar Wrap

Crinkle Cut Fries
California Blend Vegetables

27

28

29

30

31