

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3
MEATBALL SUB PARMESAN
OR
TURKEY & CHEESE ON SOFT
ROLL

4
CHEESE CALZONE W/ SAUCE
& PARM CHEESE
OR
CHICKEN BLT SALAD/ROLL

5
CHICKEN PATTY ON ROLL
OR
AMERICAN SUB

6
NACHOS W/
MEAT & CHEESE
OR
BAGEL, YOGURT MEAL

7
FRENCH BREAD PIZZA
OR
CHEF SALAD/ROLL

10
CHEESEBURGER/ROLL
OR
HAM & CHEESE WRAP

11
EMPANADA
W/ SALSA
OR
CHICKEN CAESAR SALAD

12
HOT DOG W/ BUN
OR
TURKEY & CHEESE SANDWICH

13
MACARONI & CHEESE
/ROLL
OR
ITALIAN SUB

14
CHEESE PIZZA
OR
BAGEL, YOGURT MEAL

17
GRILLED CHEESE ON RYE
OR
AMERICAN SUB

18
FRIED DOUGH W/ SAUCE
& CHEESE
OR
PEPPERONI PIZZA SALAD/ROLL

19
RIB QUE SANDWICH
OR
BAGEL, YOGURT MEAL

20
CHICKEN NUGGETS
W/FRIES
OR
TURKEY & CHEESE SUB

21
PERSONAL PIZZA
OR
CHICKEN CAESAR SALAD

24
FRENCH TOAST STICKS W/
SAUSAGE
AND SYRUP
OR
BOLOGNA & CHEESE SANDWICH

25
CHICKEN NUGGETS
W/ DINNER ROLL
OR
CHEF SALAD

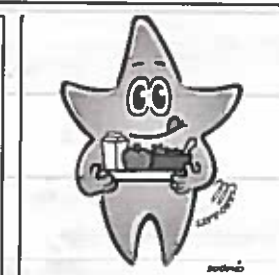
26
HOT DOG /ROLL
OR
AMERICAN SUB

27
PASTA W/ MEATBALLS
& GARLIC BREAD
OR
BAGEL, YOGURT MEAL

28
FRIED DOUGH W/ SAUCE
& CHEESE
OR
CHICKEN SALAD SANDWICH

31
HOLIDAY
NO SCHOOL !

ALL MEALS ARE FREE!
ENJOY BOTH BREAKFAST AND
LUNCH FOR FREE!



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

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

BLUEBERRY AND CUCUMBER SALAD

- 1 Cucumber (medium/peeled/sliced thin in rounds)
- 1 c Blueberries
- 1 c Strawberries(sliced)
- ¼ c onion(sliced thin)
- Salt and pepper to taste
- 2 T Salad oil(light)
- 2 T Vinegar(red or white)
- 2 T Fresh parsley

1. Prepare ingredients as directed
2. In medium bowl, place the cucumber, blueberries, strawberries, and onion.
3. Toss with the oil and vinegar and add salt and pepper to taste. Garnish with parsley.

