

### MONDAY



### TUESDAY

**\*\*\*DAILY  
VEGETARIAN  
OPTION\*\*\***

### WEDNESDAY

**1**

\*Pretzel with Cheese  
Sauce  
\*Chef Salad/Roll  
Veggie  
Fruit  
Milk

### THURSDAY

**2**

\*Drumstick, Mashed  
Potatoes & Gravy/Roll  
\*Corn Dog  
Veggie  
Fruit  
Milk

### FRIDAY

**3**

**TEACHER  
WORKDAY**  
  
**NO  
SCHOOL**

**6**

\*Hamburger/Cheeseburger  
\*Turkey & Cheese  
Sandwich  
Veggie  
Fruit  
Milk

**7**

\*Tacos & Spanish  
Rice  
\*Chef Salad/Roll  
Veggie  
Fruit  
Milk

**8**

\*Chicken Potato  
Bowl/Roll  
\*Hot Dog  
Veggie  
Fruit  
Milk

**9**

\*Chicken Patty  
Sandwich  
\*Turkey & Cheese  
Sandwich  
Veggie  
Fruit  
Milk

**10**

\*Cheese Pizza  
\*Crispy Chicken  
Wrap  
Veggie  
Fruit  
Milk

**13**

\*Spaghetti w/Meat  
Sauce/Roll  
\*PB&J  
Veggie  
Fruit  
Milk

**14**

\*Brunch for Lunch  
\*Chef Salad/Roll  
Veggie  
Fruit  
Milk

**15**

\*Beefy Nachos  
\*Italian Sub  
Sandwich  
Veggie  
Fruit  
Milk

**16**

\*Chicken Alfredo  
\*All American  
Sandwich  
Veggie  
Fruit  
Milk

**17**

\*Pepperoni Pizza  
\*Popcorn Chicken  
Salad/Roll  
Veggie  
Fruit  
Milk

**20**

\*Italian Dunkers  
w/Marinara  
\*Ham Sandwich  
Veggie  
Fruit  
Milk

**21**

\*Hamburger/Cheeseburger  
\*Hot Dog  
Veggie  
Fruit  
Milk

**22**

\*Beefy Nachos  
\*Corn Dog  
Veggie  
Fruit  
Milk

**23**

\*Mac & Cheese  
\*Chicken Patty  
Sandwich  
Veggie  
Fruit  
Milk

**24**

\*Taco Burger  
\*Turkey Cheese  
Sandwich  
Veggie  
Fruit  
Milk

**27**

**MEMORIAL  
DAY**  
  
**NO  
SCHOOL**

**28**

\*Brunch for Lunch  
\*Italian Sandwich  
Veggie  
Fruit  
Milk

**29**

\*Chicken Nuggets/Roll  
\*Chef Salad  
Veggie  
Fruit  
Milk

**30**

\*Beefy Nachos  
\*Crispy Chicken  
Sandwich  
Veggie  
Fruit  
Milk

**31**

\*Cheese Pizza  
\*Chicken Caesar  
Veggie  
Fruit  
Milk

## 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](http://liftoffsplayground.com)

### BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		*Muffin & String Cheese *Cereal & Toast Fruit Milk	*Hot Oatmeal *Cereal & Toast Fruit Milk	NO SCHOOL
*French Toast Stick *Cereal & Toast Fruit Milk	*Bagler *Cereal & Toast Fruit Milk	*Muffin & String Cheese *Cereal & Toast Fruit Milk	*Breakfast Burrito *Cereal & Toast Fruit Milk	*Cinnamon Roll *Cereal & Toast Fruit Milk
*Pancake Stick *Cereal & Toast Fruit Milk	*Frudel *Cereal & Toast Fruit Milk	*Sausage Cheese Biscuit *Cereal & Toast Fruit Milk	*Pancake & Eggs *Cereal & Toast Fruit Milk	*Yogurt & Grahams *Cereal & Toast Fruit Milk
*Bagler *Cereal & Grahams Fruit Milk	*Egg & Cheese Quesadilla *Cereal & Toast Fruit Milk	*Sausage Cheese Biscuit *Cereal & Toast Fruit Milk	*Hot Oatmeal Bar *Cereal & Toast Fruit Milk	*French Toast & Eggs *Cereal & Toast Fruit Milk
NO SCHOOL	*Yogurt & Grahams *Cereal & Toast Fruit Milk	*Muffin & String Cheese *Cereal & Toast Fruit Milk	*Bagler *Cereal & Toast Fruit Milk	*Cinnamon Roll *Cereal & Toast Fruit Milk

### Fresh Pick Recipe

#### PEAS AND ORANGE SAUTÉ

- 2 tablespoons olive oil
- 1/4 cup sweet onion, small dice
- 5 cups peas, frozen
- 1/3 cup orange juice
- zest of 1 orange
- salt and pepper to taste

1. In medium sauté pan, add the oil and sauté the onions for 2 minutes.
2. Add the peas and orange juice and sauté for 3 to 5 minutes or until peas are tender.
3. Add salt and pepper to taste and then add the orange zest.



### Meal Prices for May

21 Days

#### Month Totals

Full Pay Breakfast \$27.30    Reduced Pay Breakfast \$6.30  
Full Pay Lunch \$39.90    Reduced Pay Lunch \$8.40

Nutrition Information is available upon request.