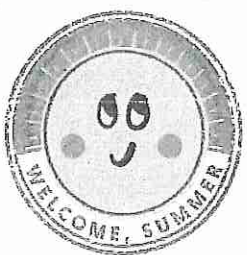





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 NO SCHOOL	3 NO SCHOOL	4 Chicken Nuggets, Roll & Tots Mozz. Breadstick w/ Tots & Marinara Sauce Fruit, Veggie & Milk	5 Orange Chicken Rice Bowl Turkey Sub w/ Chips Fruit, Veggie & Milk	6 Walking Taco w/ Refried Beans Chicken w/ French Toast Fruit, Veggie & Milk
9 Crispy Chick. Sand. w/ Tots Hot Dog w/ Chips Fruit, Veggie & Milk	10 Pasta Bowl w/ Breadstick Cheeseburger w/ Fries Fruit, Veggie & Milk	11 Corn Dog w/ Tots Meatball Sub w/ Tots Fruit, Veggie & Milk	12 Popcorn Chick. Bowl w/ Roll Ham Sub w/ Chips Fruit, Veggie & Milk	13 Chicken Quesadilla w/ Ref. Beans Cheese Pizza Fruit, Veggie & Milk
16 Chicken w/ Pretzel & Tots Pepperoni Pizza Fruit, Veggie & Milk	17 BBQ Pork Sub w/ Chips Chicken Alfredo w/ Garlic Knot Fruit, Veggie & Milk	18 Sloppy Joe w/ Tots Italian Sub w/ Chips Fruit, Veggie & Milk	19 Chicken & Waffles Chili Frito Pie Veggie, Fruit & Milk	20 Beef, Bean & Cheese Burrito Mac. & Cheese w/ Breadstick Fruit, Veggie & Milk
23 Cook's Choice Fruit, Veggie & Milk	24 Cook's Choice Fruit, Veggie & Milk	25 Cook's Choice Fruit, Veggie & Milk	26 Cook's Choice Fruit, Veggie & Milk	27 Cook's Choice Fruit, Veggie & Milk
30 NO SCHOOL SUMMER BREAK				

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
5/02/22 NO SCHOOL	5/03/22 NO SCHOOL	5/04/22 French Toast w/ Syrup Cereal w/ Ch. Stick ✓ Muffin w/ Ch. Stick Fruit, Juice & Milk	5/05/22 Breakfast UBR Cookie Cereal w/ Ch. Stick ✓ Donuts w/ Cr. Cheese ✓ Fruit, Juice & Milk	5/06/22 Breakfast Burrito Cereal w/ Ch. Stick ✓ Cinnamon Roll ✓ Fruit, Juice & Milk
5/09/22 Breakfast Pizza Cereal w/Ch. Stick ✓ Muffin w/ Ch. Stick ✓ Fruit, Juice & Milk	5/10/22 Bacon, Egg & Biscuit ✓ Cereal w/Ch. Stick Bagel w/ Cr. Cheese Fruit, Juice & Milk	5/11/22 French Toast w/ Syrup Cereal w/Ch. Stick ✓ Muffin w/ Ch. Stick Fruit, Juice & Milk	5/12/22 Breakfast UBR ✓ Cookie Cereal w/Ch. Stick Donuts w/ Ch. Stick Fruit, Juice & Milk	5/13/22 Breakfast Burrito Cereal w/ Ch. Stick ✓ Cinnamon Roll ✓ Fruit, Juice & Milk
5/16/22 Breakfast Pizza Cereal w/ Ch. Stick ✓ Muffin w/ Ch. Stick ✓ Fruit, Juice & Milk	5/17/22 Sausage, Egg, Biscuit ✓ Bagel w/ Cr. Cheese Cereal w/ Ch. Stick Fruit, Juice & Milk	5/18/22 French Toast w/ Syrup ✓ Cereal w/ Ch. Stick Muffin w/ Ch. Stick Fruit, Juice & Milk	5/19/22 Breakfast UBR Cookie ✓ Donuts w/ Ch. Stick ✓ Cereal w/ Ch. Stick Fruit, Juice & Milk	5/20/22 Cinnamon Roll Cereal w/ Ch. Stick ✓ Pancakes w/ Syrup Fruit, Juice & Milk
5/23/22 Breakfast Pizza Cereal w/ Ch. Stick ✓ Muffin w/ Ch. Stick ✓ Fruit, Juice & Milk	5/24/22 Bacon, Egg & Biscuit ✓ Bagel w/ Cr. Cheese Cereal w/ Ch. Stick Fruit, Juice & Milk	5/25/22 French Toast w/ Syrup Cereal w/ Ch. Stick ✓ Muffin w/ Ch. Stick Fruit, Juice & Milk	5/26/22 Breakfast UBR Cookie ✓ Donuts w/ Ch. Stick ✓ Cereal w/ Ch. Stick Fruit, Juice & Milk	5/27/22 Breakfast Burrito Cereal w/ Ch. Stick ✓ Waffles w/ Syrup ✓ Fruit, Juice & Milk
5/30/22 NO SCHOOL SUMMER BREAK	5/31/22 NO SCHOOL SUMMER BREAK	NO SCHOOL SUMMER BREAK	NO SCHOOL SUMMER BREAK	NO SCHOOL SUMMER BREAK

Fresh Pick Recipe

GREEN SALAD WITH CANTELOUPE

- 4 C Romaine (1" slice)
- 2 C Canteloupe (medium dice)
- ½ Cucumber (peeled/sliced thin in rounds)
- ¼ C onion (sweet/sliced thin)
- 1 T Lime juice
- 2 T Oil (light)
- ¾ t Honey
- Salt and pepper to taste
- 1 ½ T fresh mint or parsley for garnish

1. Prepare ingredients as directed.
2. Place the lettuce leaves on a medium platter.
3. In medium bowl add canteloupe, cucumber, and onion.
4. In small bowl mix lime juice, oil and honey.
5. Pour dressing on the cantaloupe mixture.
6. Add salt and pepper to taste. Spoon canteloupe mixture onto the lettuce. Garnish with mint or parsley.

What is a Reimbursable Meal?

Students must select at least 3 of the 5 food groups, 1 of which MUST be a fruit or vegetable.



Download on the App Store

Nutrition Information is available upon request.

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