

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

Macaroni & Cheese (V)
Roasted Broccoli & Fresh Apples

4

Cheese Pizza (V)
Mixed Vegetables & Diced Pears

5

Hot Dog
Baked Beans & Fresh Bananas

6

Spaghetti & Meat Sauce
Green Beans & Mixed Fruit

7

Chicken & Waffles
Emoji Potato Fries & Cinnamon Apples

10

Turkey & Cheese Sandwich
Baby Carrots, & Diced Peaches
Mini Rice Krispies Treat!

11

Cheese Nachos (V)
Fresh Broccoli, & Orange Smiles

12

Chicken Nuggets with Dinner Roll
Whipped Potatoes & Gravy & Applesauce

13

Breakfast For Lunch: Pancakes!
Tater Tots & Orange Smiles

14

Pepperoni Pizza
Celery Sticks & Fresh Bananas

Local ingredients used when seasonally available.

17

Chicken Nachos
Refried Beans & Fresh Apples

18

Cheeseburger
Fresh Broccoli & Diced Pears

19

Classic Ham & Cheese Sandwich
Baby Carrots & Banana

20

All American Sandwich
Managers Choice

21

Turkey & Cheese Sandwich
Managers Choice

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

24

25

26

27

28

Denotes a vegetarian friendly item.

31

*Tomatoes are the Fresh Pick for May! Tomatoes are excellent sources of potassium, calcium, vitamin A & C. Try our special tomato and cucumber salad this month!

This institution is an equal opportunity provider.

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.liftoffplayground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
May 3 Sausage Biscuit Applesauce	May 4 Blueberry Muffin Diced Peaches	May 5 French Toast Sticks Fresh Apples	May 6 Honey Chicken Biscuit & Orange Smiles	May 7 Filled Cinnamon Toast Crunch Bar & Mixed Fruit
May 10 Breakfast Sandwich & Raisins	May 11 Pancakes & Diced Peaches	May 12 Oatmeal Round & Orange Smiles	May 13 Breakfast Taco Roll & Fresh Oranges	May 14 Mini Cinnamon Rolls & Applesauce
May 17 Confetti Pancakes & Diced Pears	May 18 Breakfast Pizza & Mixed Fruit	May 19 Managers Choice	May 20 Managers Choice	May 21 Managers Choice

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.



All Meals FREE to children 18 and under!

Manager's Choice options will be announced day of service.



Nutrition Information is available upon request.

