

MONDAY



TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

Breakfast Includes: Choice of entrée, choice of fruit(s), and low-fat or fat-free milk.

6

Breakfast:
French Toast Stick w/ Scrambled Eggs (v)

Lunch:
Cheeseburger or Hamburger
Turkey Tot'chos w/ Tortilla Chips
Turkey & Cheese Sandwich

7

Breakfast:
Biscuit with Gravy

Lunch:
Glazed Chicken Drumstick w/ WG Rolls
Turkey Soft Taco
Chef Salad w/ WG Rolls
Sunbutter & Jelly Sandwich (v)
Featured Side: Potato Wedges

8

Breakfast:
Potato, Egg, & Ham Breakfast Bowl w/ Wheat Toast

Lunch:
Chicken Potato Bowl w/ WG Rolls
Ballpark Hot Dog
Ham & Cheese Sandwich
Blueberry Patch Parfait (v)
Featured Side: Baked Beans (v)

9

Breakfast:
Egg & Sausage Breakfast Burrito

Lunch:
Crispy Chicken Burger
Spaghetti w/ Meaty Marinara
Chicken Caesar Salad w/ WG Rolls
Italian Stacker
Featured Side: Roasted Broccoli & Carrots

10

Breakfast:
Iced Whole Grain Cinnamon Roll (v)

Lunch:
Cheese (v) or Pepperoni Pizza
Chicken & Waffles
Grilled Cheese Sandwich (v) Crispy

Daily Breakfast Entrées: Choice of Bagel w/ Cream Cheese, Variety of Whole Grain Cereals w/ Wheat Toast or Mozzarella String Cheese, or Maple Brown Sugar Oatmeal

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Breakfast:
Sausage Pancake on a Stick

Lunch:
Turkey Soft Taco
Teriyaki Chicken over Brown Rice
Sunbutter & Jelly Sandwich (V)

14

Breakfast:
Apple Frudel (v)

Lunch:
Crispy Chicken Burger
Brunch for Lunch: Pancakes w/ Sausage
Fruit & Yo To-Go Box (v)
Chef Salad w/ WG Rolls
Featured Side: Baked Cinnamon Raisin Applesauce

15

Breakfast:
Egg & Cheese English Muffin (v)

Lunch:
Big City Bites New York City featuring New York Street Hot Dog
Bean & Cheese Nachos (v)
Buffalo Chicken Wrap
Italian Sub Sandwich

16

Breakfast:
Whole Grain Pancake w/ Scrambled Eggs (v)

Lunch:
Crispy Chicken Nuggets w/ WG Roll
Homestyle Baked Penne Pasta (v)
American Sandwich
Double Berry Parfait (v)
Featured Side: Seasoned Green Beans

17

Breakfast:
Muffin(v)

Lunch:
Cheese Pizza (v) or Pepperoni Pizza
Turkey Soft Taco
Poppin' Chicken Salad w/ WG Roll
EZ Pizza Box
Featured Side: Roasted Mixed Veggies

Lunch Includes: Choice of entrée, variety of inviting fruits and vegetables, and low-fat or fat-free milk.

20

Breakfast:
Cinnamon Sugar Pancake Bites (v)

Lunch:
Pork Rib-b-Que Sandwich
Cheesy Breadsticks w/ Marinara
Fruit & Yo To-Go Box (v)
Ham & Cheese Sandwich

21

Breakfast:
Egg & Cheese Quesadilla (v)

Lunch:
Cheeseburger or Hamburger
Cheese Raviolis w/ WG Roll (v)
Deli Stackables
Featured Side: Roasted Mixed Vegetables

22

Breakfast:
Sausage Biscuit Sandwich

Lunch:
Corn Dog
Orange Chicken over Brown Rice
Sunbutter & Jelly Sandwich (v)
Featured Side: Roasted Broccoli & Carrots

23

Breakfast:
Blueberry Patch & Granola Parfait (v)

Lunch:
Crispy Chicken Burger
Creamy Mac & Cheese (V)
Peachy Parfait (v)
Fresh Garden Salad w/ WG Rolls (v)

24

Breakfast:
French Toast Sticks (v)

Lunch:
Cheese Pizza (v) or Pepperoni Pizza
Taco Burger
Turkey & Cheese Sandwich
Featured Side: Sweet Potato Fries

Meatless items marked with (v)

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NO SCHOOL

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Breakfast:
Sausage Breakfast Pizza

Lunch:
Brunch for Lunch: French Toast Sticks w/ Sausage
Turkey Soft Taco
Italian Sub Sandwich
Strawberry Fields Parfait (v)

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Breakfast:
Potato, Egg, & Ham Breakfast Bowl w/ Wheat Toast

Lunch:
Ballpark Hot Dog
Sweet & Sour Chicken Brown Rice Bowl
Sunbutter & Jelly Sandwich (v)
Chef Salad w/ WG Rolls
Featured Side: Roasted Broccoli &

30

Breakfast:
Waffles w/ Fruit

Lunch:
Cheesy Breadsticks w/ Marinara (v)
Corn Dog
Crispy Chicken Wrap
Pinwheel Party Box

31

Breakfast:
Iced Whole Grain Cinnamon Roll (v)

Lunch:
Cheese (v) or Pepperoni Pizza
Homemade Beefy Sloppy Joe
Chicken Caesar Salad w/ WG Rolls
Scratch-Prepared Hummus Snack Pack (v)
Featured Side: Potato Wedges

ITEMS SUBJECT TO CHANGE DUE TO PRODUCT SHORTAGES

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.

liftoffsplyground.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

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



SCHOOL MEAL PRICES:

Students who are reduce-priced eligible will receive student meals at no cost.

BREAKFAST:

PAID: E \$1.60 MS: \$1.85 HS: \$1.85 Adult \$3.00

LUNCH:

PAID: E \$2.65 MS: \$3.20 HS: \$3.45 Adult \$4.35 Milk \$.75

Nutrition Information is available upon request.

