

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2 Ham & Cheese Sandwich Classic Chicken Alfredo Mac Cheeseburger Mixed Vegetables, Baby Carrots, Caesar Salad, Fresh Apples & Diced Peaches	3 Chicken Caesar Salad Glazed Chicken Drumstick Walking Nachos Aztec Corn, Fresh Broccoli, Garden Salad, Diced Pears & Orange Smiles	4 Turkey & Cheese Sandwich Crispy Chicken Sandwich Baked Penne Pasta (V) Potato Wedges, Celery Sticks, Super Salad, Applesauce & Fresh Bananas	5 All American Sandwich Parmesan Chicken Mini Corn Dogs Baked Beans, Fresh Broccoli, Garden Salad, Mixed Fruit & Orange Smiles	6 All American Sandwich Chicken Enchilada Suiza Cheese Pizza (V) Roasted Broccoli & Carrots, Baby Carrots, Super Salad, Cinnamon Swirled Apples & Fresh Bananas
---	---	--	--	---

Fresh Pick of the Month: Strawberries!

9 Bento Box Classic Mac & Cheese (V) Black Bean Burger (V) Roasted Broccoli, Baby Carrots, Caesar Salad, Fresh Apples & Diced Peaches	10 Chef Salad Chicken Alfredo Mac Beefy Tot'chos Mixed Vegetables, Fresh Broccoli, Garden Salad, Fresh Oranges & Diced Pears	11 Classic Ham & Cheese Sandwich Popcorn Chicken Bowl Hot Dog Baked Beans, Fresh Broccoli, Super Salad, Applesauce & Fresh Bananas	12 Turkey Ham and Cheese Sandwich Spaghetti with Meatballs Teriyaki Chicken Rice Bowl Roasted Broccoli & Carrots, Baby Carrots, Garden Salad, Fresh Oranges & Mixed Fruit	13 Crispy Chicken Wrap Goopy Grilled Cheese Sandwich (V) Cheese Pizza (V) Sweet Potato Fries, Celery Sticks, Super Salad, Cinnamon Swirled Apples & Fresh Bananas
--	---	--	---	--

Local ingredients used when seasonally available

16 Pizza Bento Box (P) Crispy Chicken Sandwich Breakfast 4 Lunch: Pancakes & Scrambled Eggs(V) Tater Tots, Baked Cinnamon Apples, Baby Carrots, Caesar Salad, Fresh Apples & Diced Peaches	17 Chicken Quesadilla Lasagna Rollup (V) Cheese & Turkey Sandwich Roasted Broccoli & Carrots Diced Pears, Fresh Broccoli, Garden Salad	18 Barbecue Chicken Sandwich Bean & Cheese Nachos Crispy Chicken Salad Refried Beans, Applesauce, Fresh Banana, Celery Sticks, Super Salad	19 All-American Sandwich Chicken Nuggets Mini Corn Dogs Emoji Potatoes & Green Beans Mixed Fruits, Orange Smiles, Fresh Broccoli, Garden Salad	20 Beefy Macaroni Homestyle Cheese Pizza (V) Buffalo Chicken Wrap Mixed Vegetables, Cinnamon Swirled Apples, Baby Carrots, Super Salad
---	---	--	---	--

Variety of fat free and low fat milk offered daily

23 Ham & Cheese Sandwich Cheese Ravioli (V) Chicken Nuggets Mixed Vegetables, Baby Carrots, Caesar salad, Fresh Apples, Diced Peaches	24 Classic Ham & Cheese Sandwich Cheeseburger Mac and Cheese (V) Baked Beans, Fresh Broccoli, Garden Salad, Diced Pears & Oranges Smiles	25 Chef Salad Pepperoni Pizza Frito Chili Pie Roasted Broccoli & Carrots, Celery Sticks, Super Salad, Applesauce & Fresh Bananas	26 Bento Box Crispy Chicken Sandwich Taco Quesadilla Tater Tot Hash, Fresh Broccoli, Garden Salad, Mixed Fruit & Orange Smiles	27 Turkey & Cheese Sandwich Hot Dog Steak Fingers Mashed Potatoes w/ Gravy, Green Beans, Baby Carrots, Super Salad, Cinnamon Swirled Apple
--	--	---	---	---

(V) denotes vegetarian friendly item

(P) denotes pork item

30	31	HAVE A HAPPY AND SAFE SUMMER!	
-----------	-----------	-------------------------------------	--

Menu is subject to change without notice due to product availability.

Esta institución es un proveedor de igualdad de oportunidades

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

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
May 2 Sausage Biscuit Apple Slices	May 3 Blueberry Muffin Diced Peaches	May 4 French Toast Sticks Apple Slices	May 5 Honey Glazed Chicken Biscuit Banana	May 6 Cinnamon Toast Crunch Breakfast Bar Raisins
May 9 American Breakfast Sandwich Apple Slices	May 10 Pancakes Diced Peaches	May 11 Strawberry Pop-Tart (G) Bananas & Orange Smiles	May 12 Breakfast Taco Roll Orange Smiles	May 13 Cinnamon Roll Applesauce
May 16 Nutrigrain Bar Diced Pears	May 17 Pancake Sausage Bites Applesauce	May 18 Banana Muffin Applesauce Baked Cinnamon	May 19 Breakfast Egg Sandwich Fresh Banana	May 20 Oatmeal Round Applesauce
May 23 Mini Cinnamon Bagels Mixed Fruit	May 24 Breakfast Pizza Baked Cinnamon Apples & Raisins	May 25 French Toast Sticks Bananas & Oranges	May 26 Biscuit & Gravy Diced Peaches	May 27 Waffles Applesauce
May 30	May 31			

Revised: 4/14/2022

G) denotes contain gelatin

Fresh Pick Recipe

STRAWBERRY SALSA WITH BAKED CORN CHIPS

- ¼ c Red onion (small dice)
- 1 Jalapeno pepper (minced)
- 1 Yellow bell pepper (medium dice)
- 1 Green pepper (medium dice)
- 1/2 Cucumber (medium dice)
- 1 Pint Strawberries (large dice)
- 1/2 c Pineapple (medium dice)
- 1/2 Cilantro leaves
- 1/2 c Orange juice
- 2 T Lime juice
- 2 T Extra virgin olive oil
- Salt and pepper to taste
- Baked tortilla chips/scoops

1. Prepare all ingredients as directed.
2. In medium bowl mix all of the ingredients except for the chips.
3. Serve the salsa with the chips on the side.

Menu is subject to change without notice due to product availability.

Nutrition Information is available upon request.