

#### MONDAY

#### TUESDAY

#### WEDNESDAY

#### THURSDAY

#### FRIDAY

<b>2</b> <b>Breakfast:</b> Apple Frudals w/ String Cheese (v)  <b>Lunch:</b> Bean & Cheese Burrito (v) Hamburger or Cheeseburger Veggie Burger (v) Crispy Chicken Wrap Cheese (v) & Pepperoni Pizza	<b>3</b> <b>Breakfast:</b> Sausage Breakfast Pizza  <b>Lunch:</b> Chicken Alfredo Pasta Chicken Burger Sunbutter & Jelly Sandwich (v) Cheese (v) & Pepperoni Pizza	<b>4</b> <b>Breakfast:</b> Egg, Ham & Cheese Muffin  <b>Lunch:</b> Sweet & Sour Chicken Rice Bowl Chicken Nuggets & WG Roll Turkey & Cheese Sandwich Cheese (v) & Pepperoni Pizza	<b>5</b> <b>Breakfast:</b> Buttermilk Biscuit w/ Jelly (v)  <b>Lunch:</b> Turkey & Cheese Nachos Baked Corn Dog American Sandwich Margherita Pizza, Cheese (v) & Pepperoni Pizza	<b>6</b> <b>Breakfast:</b> Blueberry Fruit Muffin (v)  <b>Lunch:</b> Fish & Chips Hot Dog Ham & Cheese Sandwich Cheese (v) & Pepperoni Pizza
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Breakfast Includes: Choice of entrée listed or selection of cereal with toast or cheese stick, choice of fruit, and milk

<b>9</b> <b>Breakfast:</b> French Toast Sticks w/ Syrup (v)  <b>Lunch:</b> Sloppy Joes Hamburger or Cheeseburger Veggie Burger (v) Italian Sub Cheese (v) & Pepperoni Pizza	<b>10</b> <b>Breakfast:</b> Yogurt w/ Graham Crackers (v)  <b>Lunch:</b> Turkey Soft Taco Glazed Chicken Drumstick w/ WG Rolls Sunbutter & Jelly Sandwich (v) Cheese (v) & Pepperoni Pizza	<b>11</b> <b>Breakfast:</b> Chocolate Chip Breakfast Round (v)  <b>Lunch:</b> Popcorn Chicken Bowl w/ WG Roll Hot Dog on WG Bun Ham & Cheese Sandwich Cheese (v) & Pepperoni Pizza	<b>12</b> <b>Breakfast:</b> Sausage, Egg & Cheese Breakfast Burger  <b>Lunch:</b> Spaghetti Pasta w/ Meatsauce Chicken Burger Turkey & Cheese Sandwich Cheese (v) & Pepperoni Pizza	<b>13</b> <b>Breakfast:</b> Mini Cinnis (v)  <b>Lunch:</b> Chicken & Waffles Grilled Cheese Sandwich (v) Crispy Chicken Wrap Cheese (v) & Pepperoni Pizza
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Lunch Includes: Choice of entrée listed, variety of fruits and vegetables, and milk

<b>16</b> <b>Breakfast:</b> Apple Cinnamon Muffin w/ String Cheese (v)  <b>Lunch:</b> Chicken Teriyaki Rice Bowl Hamburger, Cheeseburger or Veggie Burger (v) Turkey & Cheese Sandwich Cheese (v) or Pepperoni Pizza	<b>17</b> <b>Breakfast:</b> Apple Frudals (v)  <b>Lunch:</b> Breakfast for Lunch: Pancakes & Sausage Chicken Burger Crispy Chicken Wrap Cheese (v) & Pepperoni Pizza	<b>18</b> <b>Breakfast:</b> Egg, Ham & Cheese English Muffin  <b>Lunch:</b> Bean & Cheese Burrito (v) BBQ Chicken Sandwich Italian Sub Cheese (v) & Pepperoni Pizza	<b>19</b> <b>Breakfast:</b> French Toast Sticks w/ Syrup (v)  <b>Lunch:</b> Baked Penne Pasta (v) Chicken Nuggets w/ WG Roll American Sandwich Cheese (v) & Pepperoni Pizza	<b>20</b> <b>Breakfast:</b> Chocolate Chip Muffin w/ String Cheese (v)  <b>Lunch:</b> Fish & Chips Baked Corn Dog Sunbutter & Jelly Sandwich (v) Cheese (v) & Pepperoni Pizza
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Menu items are subject to change based on supply chain availability

<b>23</b> <b>Breakfast:</b> Turkey Sausage Breakfast Pizza  <b>Lunch:</b> Cheesy Breadsticks w/ Marinara (v) Chicken Nuggets w/ WG Dinner Roll Ham & Cheese Sandwich Cheese (v) & Pepperoni Pizza	<b>24</b> <b>Breakfast:</b> Strawberry Yogurt w/ Graham Crackers  <b>Lunch:</b> Turkey & Cheese Nachos Hamburger or Cheeseburger Veggie Burger (v) Italian Sub Cheese (v) & Pepperoni Pizza	<b>25</b> <b>Breakfast:</b> Sausage, Egg & Cheese Breakfast Burger  <b>Lunch:</b> Orange Chicken Rice Bowl Baked Corn Dog Sunbutter & Jelly Sandwich (v) Cheese (v) & Pepperoni Pizza	<b>26</b> <b>Breakfast:</b> Blueberry Muffin w/ Cheese Stick (v)  <b>Lunch:</b> Macaroni & Cheese (v) Chicken Burger American Sandwich Cheese (v) & Pepperoni Pizza	<b>27</b>  <b>No School</b>
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<b>30</b>  <b>No School</b>	<b>31</b> <b>Breakfast:</b> French Toast Sticks w/ Syrup (v)  <b>Lunch:</b> Bean & Cheese Burritos Chicken Burgers Italian Sub Cheese (v) & Pepperoni Pizza			
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(v) = meatless option  
LTO = Limited Time Offer

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.liftoffsplyground.com](http://www.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

### BLUEBERRY AND CUCUMBER SALAD

- 1 Cucumber (medium/peeled/sliced thin in rounds)
- 1 c Blueberries
- 1 c Strawberries(sliced)
- ¼ c onion(sliced thin)
- Salt and pepper to taste
- 2 T Salad oil(light)
- 2 T Vinegar(red or white)
- 2 T Fresh parsley

1. Prepare ingredients as directed.
2. In medium bowl, place the cucumber, blueberries, strawberries, and onion.
3. Toss with the oil and vinegar and add salt and pepper to taste. Garnish with parsley.



## SCHOOL MEAL PRICES:

**BREAKFAST: REDUCED MEALS AT NO COST PAID: ES \$0.00 MS: \$0.00 HS: \$0.00**  
**LUNCH: REDUCED MEALS AT NO COST PAID: ES: \$0.00 MS: \$0.00 HS: \$0.00**

**All meals for the 2021-2022 school year are FREE for all students!**

Nutrition Information is available upon request.