

MONDAY



TUESDAY



WEDNESDAY

1

Breakfast:
Ham & Cheese English Muffin

Lunch:
Cheese Ravioli w/ WG Roll (v)
Pork Rib-B-Que Sandwich
Italian Sub Sandwich
Fresh Garden Salad w/ WG Rolls

THURSDAY

2

Breakfast:
Sausage Pancake on a Stick

Lunch:
Teriyaki Chicken over Brown Rice
Corn Dog
PB&J Sandwich (v)
Fiesta Salad w/ Tortilla Chips

FRIDAY

3

Breakfast:
Sausage Biscuit Sandwich

Lunch:
Cheese Pizza (v) or Pepperoni Pizza
BBQ Chicken Sandwich
Ham & Cheese Sandwich
Chicken Caesar Salad w/ WG Rolls

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

6

Breakfast:
Mini Maple Waffles

Lunch:
Cheeseburger or Hamburger
Bean & Cheese Burrito (v)
Turkey & Cheese Sandwich
Fiesta Salad w/ Tortilla Chips

7

Breakfast:
Biscuit w/ Grape Jelly

Lunch:
Glazed Chicken Drumstick w/ WG Rolls
Turkey Soft Taco
PB&J Sandwich (v)
Chef Salad w/ WG Rolls

8

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

Lunch:
Chicken Potato Bowl w/ WG Rolls
Hot Dog
Ham & Cheese Sandwich
Fresh Garden Salad w/ WG Rolls (v)

9

Breakfast:
Egg & Sausage Breakfast Burrito

Lunch:
Crispy Chicken Burger
Spaghetti w/ Meaty Marinara
PB&J Sandwich (v)
Chicken Caesar Salad w/ WG Rolls

10

Breakfast:
Whole Grain Cinnamon Roll (v)

Lunch:
Cheese Pizza (v) or Pepperoni Pizza
Corn Dog
American Sub Sandwich
Chef Salad w/ WG Rolls

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

13

Breakfast:
Sausage Pancake on a Stick

Lunch:
Cheeseburger or Hamburger
Cheesy Lasagna Roll Up w/ WG Roll (v)
Turkey & Cheese Sandwich
Fresh Garden Salad w/ WG Rolls

14

Breakfast:
Apple Frudel (v)

Lunch:
Crispy Chicken Burger
Brunch for Lunch: Pancakes w/ Sausage
PB&J Sandwich (v)
Chef Salad w/ WG Rolls

15

Breakfast:
Egg & Cheese English Muffin (v)

Lunch:
Bean & Cheese Nachos (v)
Buffalo Chicken Wrap
Italian Sub Sandwich
Fiesta Salad w/ Tortilla Chips

16

Breakfast:
Ultimate Breakfast Round (v)

Lunch:
Chicken & Waffles
Homestyle Baked Penne Pasta (v)
American Sandwich
Chicken Caesar Salad w/ WG Rolls

17

Breakfast:
Mini Maple Waffles (v)

Lunch:
Cheese Pizza (v) or Pepperoni Pizza
BBQ Chicken Sandwich
PB&J Sandwich (v)
Poppin' Chicken Salad w/ WG Roll

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 (v)
Ham & Cheese Sandwich
Fresh Garden Salad w/ WG Rolls

21

Breakfast:
Egg & Cheese Quesadilla (v)

Lunch:
Cheeseburger or Hamburger
Cheese Ravioli w/ WG Roll (v)
American Sub
Chef Salad w/ WG Roll

22

Breakfast:
Sausage Biscuit Sandwich

Lunch:
Corn Dog
Orange Chicken over Brown Rice
PB&J Sandwich (v)
Fiesta Salad w/ Tortilla Chips

23

Breakfast:
Ultimate Breakfast Round (v)

Lunch:
Crispy Chicken Burger
Creamy Mac & Cheese (V)
Italian Sub Sandwich
Chicken Caesar Salad w/ WG Rolls

24

Breakfast:
Biscuit w/ Grape Jelly

Lunch:
Cheese Pizza (v) or Pepperoni Pizza
Taco Burger
Turkey & Cheese Sandwich
Chef Salad w/ WG Rolls

Meatless items marked with (v)



28

Breakfast:
Sausage Breakfast Pizza

Lunch:
Brunch for Lunch: French Toast Sticks w/ Sausage
Turkey Soft Taco
PB&J Sandwich (v)
Poppin Chicken Salad w/ WG Rolls

29

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

Lunch:
Hot Dog
Sweet & Sour Chicken Brown Rice Bowl
Turkey & Cheese Sandwich
Garden Salad w/ WG Rolls (v)

30

Breakfast:
Sausage Pancake on a Stick

Lunch:
Cheesy Breadsticks w/ Marinara (v)
Bean & Cheese Nachos
Crispy Chicken Wrap
Fiesta Salad w/ Tortilla Chips

31

Breakfast:
Whole Grain Cinnamon Roll (v)

Lunch:
Cheese Pizza (v) or Pepperoni Pizza
Homemade Beefy Sloppy Joe
Ham & Cheese Sandwich
Chicken Caesar Salad w/ WG Rolls

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.

liftoffstplayground.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



Nutrition Information is available upon request.

