

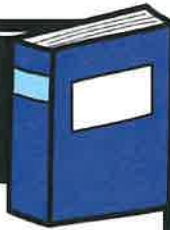


MAY

We are a Title 1 School

Thank you to all our families that purchased books from the book fair! The proceeds from the book fair help us keep new books in stock in our library.

Testing



Our students have started out strong! Let's keep it going!

5/7: Third grade math
5/8: Fourth grade math
5/9: Fifth grade math
5/14: Fifth grade science

Summer AR

This summer, bring your students to take AR tests Monday-Thursday from 8:30am-3:30pm.

Coming Up!



May 17th- 5th grade field trip to Wild Adventures

May 20th-

9:30am: 3rd grade awards in cafeteria

1:30pm: 4th grade awards in cafeteria

*Teachers will be in touch if your student is receiving an award

May 21st- Early release at 1:15pm

May 22nd- 5th grade graduation in cafeteria at 9:30am

*Early release at 1:15pm

*Mr. Wheeler and Mrs. Rodgers will be getting slimed before summer break!





MONDAY



TUESDAY

A student's meal includes entree choice, made with protein and grain offerings, up to two vegetables, one fruit choice, and a milk choice.

Garden bar available daily, including variety of fresh or canned fruit, fruit juice, fresh vegetables, and milk choice (1% unflavored or non-fat flavored)

WEDNESDAY

1

ENTREE SELECTIONS:
Baked Penne Pasta w/ Garlic Knot
Oven Roasted Turkey & Cheese Sandwich
SIDES:
Low Country Green Beans
Baby Carrots
Fruit & Milk Choice

THURSDAY

2

ENTREE SELECTIONS:
Popcorn Chicken w/ Ripstick
American-Style Deli Sandwich
SIDES:
Baked Beans
Chilled Corn
Fruit & Milk Choice

FRIDAY

3

ENTREE SELECTIONS
Hot Baked Pizza
Smucker's Uncrustable PBJ w/ Cheese Stick & Graham Crackers
SIDES
Potato Wedges
Fresh Celery Sticks
Fruit & Milk Choice

A Variety of Fresh, Canned Fruit & Vegetables Offered Daily. Milk Choice Includes: 1% Plain, Fat-Free Flavored

6

ENTREE SELECTIONS:
Savory Cheeseburger
Deli Mini-Bento Box
SIDES:
Roasted Broccoli
Kidney Beans
Fruit & Milk Choice

7

ENTREE SELECTIONS:
Soft Taco
Smucker's Uncrustable PBJ w/ Cheese Stick & Graham Crackers
SIDES:
Refried Beans
Basil Corn Salad
Fruit & Milk Choice

8

ENTREE SELECTIONS:
NY Street Hot Dog w/ Sun Chips
Hickory Ham & Cheese Sandwich
SIDES:
Crinkle Cut Fries
Fresh Baby Carrots
Fruit & Milk Choice



9

ENTREE SELECTIONS
Crispy Chicken Sandwich
American-Style Deli Sandwich
SIDES
Seasoned Carrot Coins
Chilled Corn
Fruit & Milk Choice

10

ENTREE SELECTIONS
Hot Baked Pizza
Smucker's Uncrustable PBJ w/ Cheese Stick & Graham Crackers
SIDES
Low Country Green Beans
Fresh Celery Sticks
Fruit & Milk Choice

A Variety of Fresh, Canned Fruit & Vegetables Offered Daily. Milk Choice Includes: 1% Plain, Fat-Free Flavored

13

ENTREE SELECTIONS
Chicken Quesadilla
Oven Roasted Turkey & Cheese Sandwich
SIDES:
Citrus Glazed Carrots
Kidney Beans
Fruit & Milk Choice

14

ENTREE SELECTIONS
Savory Cheeseburger
Smucker's Uncrustable PB&J w/ Cheese Stick & Graham Crackers
SIDES:
Tater Tots
Fresh Broccoli Florets
Fruit & Milk Choice

15

ENTREE SELECTION
Bean & Cheese Nachos
Chicken Caesar Salad w/ Dinner Rolls
SIDES:
Southwest Black Beans
Fresh Baby Carrots
Fruit & Milk Choice

16

ENTREE SELECTIONS:
Crispy Chicken Nuggets w/ Ripstick
American-Style Sandwich
SIDES:
Seasoned Green Beans
Apple Glazed Carrots
Fruit & Milk Choice

17

ENTREE SELECTIONS
Hot Baked Pizza
Smucker's Uncrustable PBJ w/ Cheese Stick
SIDES
Mixed Vegetables
Fresh Celery Sticks
Fruit & Milk Choice

A Variety of Fresh, Canned Fruit & Vegetables Offered Daily. Milk Choice Includes: 1% Plain, Fat-Free Flavored

20

ENTREE SELECTIONS:
Crispy Chicken Nuggets w/ Ripstick
Hickory Ham & Cheese Sandwich
SIDES:
Sweet Potato Fries
Kidney Beans
Fruit & Milk Choice

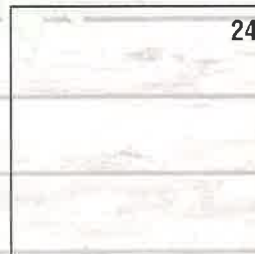
21

ENTREE SELECTIONS:
Mozzarella Stuffed Breadsticks w/ Marinara
Smucker's Uncrustable PBJ w/ Cheese Stick & Graham Crackers
SIDES:
Steamed Broccoli
Basil Corn Salad
Fruit & Milk Choice

22

ENTREE SELECTIONS:
Hot Diggity Dog
Chef Salad w/ Dinner Rolls
SIDES:
Baked Beans
Fresh Baby Carrots
Fruit & Milk Choice

23

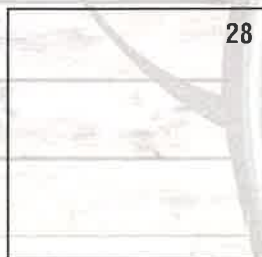


24

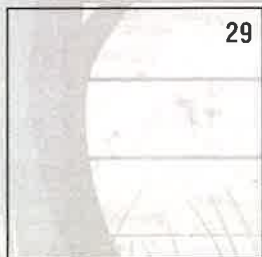
A Variety of Fresh, Canned Fruit & Vegetables Offered Daily. Milk Choice Includes: 1% Plain, Fat-Free Flavored



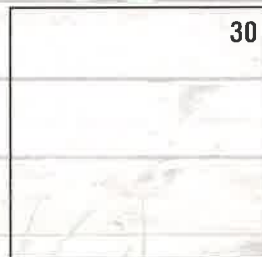
28



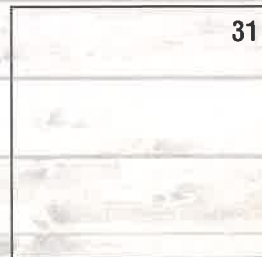
29



30



31



Summer Break!

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

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Crispy Chicken Biscuit Fruit & Milk Choice	Pancake Bites Fruit & Milk Choice	Breakfast Biscuit Sandwich Fruit & Milk Choice
Pancake Bites Fruit & Milk Choice	Sausage Breakfast Pizza Fruit & Milk Choice	Waffle Fruit & Milk Choice	Minni Cinnis Fruit & Milk Choice	Sausage Biscuit Fruit & Milk Choice
French Toast Bites Fruit & Milk Choice	Scrambled Eggs & Toast Fruit & Milk Choice	Crispy Chicken Biscuit Fruit & Milk Choice	Breakfast on a Stick Fruit & Milk Choice	Sausage Biscuit Fruit & Milk Choice
Minni Cinnis Fruit & Milk Choice	French Toast Sticks Fruit & Milk Choice	Sausage Biscuit Fruit & Milk Choice		

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.