

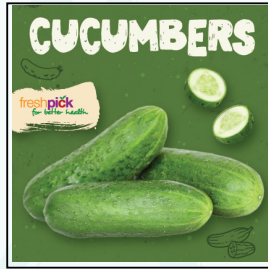
MONDAY



TUESDAY

All Lunches Include
Choice of Milk & Fresh Fruit

WEDNESDAY



THURSDAY

1. Beefy Mac & Cheese
w/ Dinner Roll

2. Hot Dog

Served with
Mixed Vegetables

FRIDAY

1. Cheese Pizza
2. Pepperoni Pizza

Served with
Side Salad

3. Cereal & Yogurt, 4. Pepperoni & Cheese Box, 5. Peanut Butter & Jelly

5

1. Veggie Burger
2. Chicken Tenders
w/ Dinner Roll

Served with
French Fries

6

1. Mini Corn Dog
2. Popcorn Chicken
Bowl

Served with
Cooked Corn

7

1. Sausage, Egg & Cheese
Sandwich
2. Chicken Alfredo
w/ Breadstick

Served with
Green Beans

8

1. Baked Chicken
w/ Mashed Potatoes
2. Hot Dog

Served with
Mixed Vegetables

9

1. Cheese Pizza
2. Pepperoni Pizza

Served with
Side Salad

3. Muffin & Yogurt, 4. Ham & Cheese Sandwich 5. Peanut Butter & Jelly

12

1. Chicken Patty
2. Bacon Cheeseburger

Serve with
Baked Beans

13

1. Soft Tacos
2. Mini Corn Dogs

Served with
Green Beans

14

1. French Toast Sticks
w/ Sausage
2. Sloppy Joe

Served with
Tater Tots

15

1. Pasta and Meat Sauce
w/ Breadstick
2. Mozzarella Breadstick

Served with
Mixed Vegetables

16

1. Cheese Pizza
2. Pepperoni Pizza

Served with
Side Salad

3. Bagel & Yogurt, 4. Deli Bento Box, 5. Peanut Butter & Jelly

19

1. Egg & Cheese
Bagel Melt
2. Potstickers
w/ Rice

Served w/
Mixed Vegetables

20

1. Baked Chicken
w/ Mashed Potatoes
2. Chicken Fajitas

Served with
Broccoli

21

1. Chicken Tenders
w/ Pretzel Rod
2. Cheeseburger

Served with
French Fries

22

1. Cheese Pizza
2. Pepperoni Pizza

Served with
Side Salad

23

School
Closed

3. Cereal & Yogurt, 4. Turkey & Cheese Sandwich 5. Peanut Butter & Jelly



27

1. Chicken Patty
2. Hot Dog

Served with
Broccoli

28

1. Veggie Burger
2. Chicken Nuggets
w/ Pretzel Rod

Served with
Green Beans

29

1. Cheese Quesadilla
2. Orange Chicken
w/ Rice

Served with
Roasted Corn

30

1. Cheese Pizza
2. Pepperoni Pizza

Served with
Side Salad

3. Muffin & Yogurt, 4. Ham & Cheese 5. Peanut Butter & Jelly

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.

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

GREEN SALAD WITH CANTELOUPE

- 4 C Romaine (1" slice)
- 2 C Canteloupe (medium dice)
- ½ Cucumber (peeled/sliced thin in rounds)
- ¼ C onion (sweet/sliced thin)
- 1 T Lime juice
- 2 T Oil (light)
- ¼ t Honey
- Salt and pepper to taste
- 1 ½ T fresh mint or parsley for garnish

1. Prepare ingredients as directed.
2. Place the lettuce leaves on a medium platter.
3. In medium bowl add canteloupe, cucumber, and onion.
4. In small bowl mix lime juice, oil and honey.
5. Pour dressing on the cantaloupe mixture.
6. Add salt and pepper to taste. Spoon canteloupe mixture onto the lettuce. Garnish with mint or parsley.