

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

All lunches include a variety of fresh fruit, chilled fruit cup, and choice of milk (skim or 1%)  
Menu Subject to Change

**1**  
Buffalo Chicken Cheesesteak  
Cheeseburger  
Roasted Broccoli & Carrots

**2**  
Chicken & Waffles w/ syrup  
Chicken Nuggets with Dinner Roll  
Confetti Bean Salad

**3**  
Pizza: Cheese or Pepperoni  
Grilled Cheese  
Parmesan Green Beans

Offered Daily 4/29-5/3: Italian Sub or Peanut Butter & Jelly Sandwich

**6**  
Cheesy Stuffed Breadsticks w/ marinara sauce  
Chicken Patty  
Roasted Parmesan Carrot Sticks

**7**  
Taco Tuesday  
Twin Chicken Fajita Tacos w/ Spanish rice  
Hot Dog  
Smile Fries

**8**  
Beefy Cheesy Mac & Cheese  
Cheeseburger  
Roasted Broccoli

**9**  
Beef Chili with Corn Bread  
Chicken Nuggets with Dinner Roll  
Black Bean & Corn Salsa

**10**  
Big Daddy's Pizza Slice: Cheese or Pepperoni  
Grilled Cheese  
Italian Roasted Zucchini

Offered Daily 5/6-5/10: Turkey & Cheese Sandwich or Peanut Butter & Jelly Sandwich

**13**  
Macaroni & Cheese w/ dinner Roll  
Chicken Patty  
Seasoned Carrot Coins

**14**  
Taco Totchos with Biscuit  
Hot Dog  
Seasoned Steamed Corn

**15**  
Breakfast for Lunch:  
Whole Grain Pancakes w/ turkey sausage & syrup  
Cheeseburger  
Crispy Panko Broccoli & Cauliflower

**16**  
Sweet and Sour Chicken with Rice  
Chicken Nuggets with Dinner Roll  
Vegetarian Baked Beans

**17**  
Pizza: Cheese or Pepperoni  
Grilled Cheese  
Mixed Vegetables

Offered Daily 5/13-5/17: Ham & Cheese Sandwich or Peanut Butter & Jelly Sandwich

**20**  
Pepperoni Melt  
Chicken Patty  
Sweet Potato Fries

**21**  
Taco Tuesday:  
Twin Beef Tacos w/ Spanish rice  
Hot Dog  
Elote Corn

**22**  
Meatball Parmesan Sub  
Cheeseburger  
Roasted Broccoli & Red Peppers

**23**  
Breakfast for Lunch:  
Breakfast Bowl scrambled eggs, sausage & potato  
Chicken Nuggets with Dinner Roll  
Black Bean & Corn Salsa

**24**  
1/2 day  
Old School Cheese Pizza  
Grilled Cheese  
Steamed Green Beans

Offered Daily 5/20- 5/24: Crispy Chicken Wrap or Peanut Butter & Jelly Sandwich



**28**  
Taco Totchos w/ buttermilk biscuit  
Hot Dog  
Tater Tots

**29**  
General Tso's Chicken w/ brown rice  
Cheeseburger  
Sautéed Spinach

**30**  
Baked Chicken with Dinner Roll  
Chicken Nuggets with Dinner Roll  
Vegetarian Baked Beans

**31**  
Field Day!!!  
Choice of Bagged Lunch:  
Turkey and Cheese Sub  
Ham and Cheese Sub  
Peanut Butter and Jelly

Offered Daily 5/27-5/30: Turkey Club Sandwich or Peanut Butter & Jelly Sandwich

## 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)

## BREAKFAST

### Grab and Go Breakfast

### Includes Juice and Milk

**MONDAY:** Pop Tart

**TUESDAY:** Banana Muffin

**WEDNESDAY:** Cereal

**THURSDAY:** Pop Tart

**FRIDAY:** Banana Muffin

### Fresh Pick Recipe

#### ASIAN LETTUCE WRAPS WITH ORANGE SAUCE

- 1 T Olive oil
  - 1 lb Turkey(ground)
  - ¾ c Onion(medium dice)
  - ¾ c Bell pepper(medium dice)
  - ½ c Celery(sliced thin)
  - 2/3 c Orange juice
  - 3 T Soy sauce(low sodium)
  - 1 ½ T Cornstarch mixed with 3 T water
  - 2-3 Drops of Hot Sauce(optional)
  - Salt and pepper to taste
  - 3 Oranges(peeled/large dice)
  - 1 Head of Romaine lettuce(washed/leaves separated)
  - ½ c Carrots(shredded)
  - ½ c Cilantro
1. Prepare all ingredients as directed.
  2. In medium sauce pan place the oil and turkey and sauté until meat is almost cooked through.
  3. Add the onions and bell peppers and celery and sauté for 3 minutes. Mix orange juice, soy sauce, and cornstarch mixture in small bowl and then add to the meat mixture.
  4. Simmer for 3 minutes.
  5. Add the diced oranges and heat through.
  6. Place meat mixture in a bowl and serve with the lettuce, carrots, and cilantro in separate bowls.

Menu subject to change.

**nutrislice**

Nutrition Information is available upon request.

**sodexo**