

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

**3**

**Breakfast:**  
Mini Blueberry Pancakes  
**Lunch:**  
Country Chicken Bowl  
Sunbutter & Jelly Sandwich  
*Includes Fruit, Vegetables & Milk*

**4**

**Breakfast:**  
Mini Maple Waffles  
**Lunch:**  
Pepperoni Pizza  
Italian Sub  
*Includes Fruits, Vegetables & Milk*

**5**

**Breakfast:**  
Bagler  
**Lunch:**  
WG Baked Corn Dog  
Ham sandwich  
*Includes Fruits, Vegetables & Milk*

**6**

**Breakfast:**  
Yogurt Cup w/Graham Cracker  
**Lunch:**  
Chicken Quesadilla  
Ham & Cheese Sandwich  
**Fresh Pick Thursday:**  
**Cherry Tomatoes**

**7**

**Breakfast:**  
Chefs Choice  
**Lunch:**  
Cheeseburger or Hamburger w/Fries  
Tuna Sandwich  
*Includes Fruits, Vegetables & Milk*

You'll need to grab your shades... for our Summer BBQ Faves! Try yours today! May's LTO: Limited Time Offers are BBQ Favorites!

**10**

**Breakfast:**  
Assorted Muffin  
**Lunch:**  
Chicken Nuggets  
Chicken Caesar Salad with WG Roll  
*Includes Fruits, Vegetables & Milk*

**11**

**Breakfast:**  
Assorted Cereal  
**Lunch:**  
Cheese Pizza  
Chef Salad  
*Includes Fruits, Vegetables & Milk*

**12**

**Breakfast:**  
Bagel & Cream Cheese  
**Lunch:**  
Cheesy Breadsticks w/ Marinara  
Deli Sandwich  
*Includes Fruits, Vegetables & Milk*

**13**

**Breakfast:**  
Yogurt w/ Graham Crackers  
**Lunch:**  
Chicken Burger w/Fries  
American Sandwich  
**Fresh Pick Thursday:**  
**Apples**

**14**

**Breakfast:**  
Chefs Choice  
**Lunch:**  
Cheeseburger or Hamburger w/Fries  
Turkey & Cheese Sandwich  
*Includes Fruits, Vegetables & Milk*

Hip Hip Hooray! Lucky T-Ray Day! Finish all your lunch, then carefully check and see if you have a T-Ray sticker under your tray. If you do, you'll be one of our special winners!

**17**

**Breakfast:**  
Blueberry Muffin  
**Lunch:**  
Pulled Pork Burger  
Chef Salad  
*Includes Fruits, Vegetables & Milk*

**18**

**Breakfast:**  
Apple Frudel  
**Lunch:**  
Cheese Pizza  
Garden Salad w Roll  
*Includes Fruits, Vegetables & Milk*

**19**

**Breakfast:**  
Mini Pancakes  
**Lunch:**  
Chicken Alfredo  
Italian Sub  
*Includes Fruits, Vegetables & Milk*

**20**

**Breakfast:**  
Pancakes  
**Lunch:**  
Bean and Cheese Nachos  
Italian Sub  
**Fresh Pick Thursday:**  
**3-Bean Salad**

**21**

**Breakfast:**  
Homemade Banana Muffin Top  
**Lunch:**  
Chefs Choice  
*Includes Fruits, Vegetables & Milk*

Show your community you care! Clean up a park or plan a garden this summer!

**24**

**Breakfast:**  
Apple Frudel  
**Lunch:**  
Pretzel with Cheese Sauce  
Chef Salad  
*Includes Fruits, Vegetables & Milk*

**25**

**Breakfast:**  
Breakfast Round  
**Lunch:**  
Pepperoni Pizza  
Taco Salad  
*Includes Fruits, Vegetables & Milk*

**26**

**Breakfast:**  
Waffles  
**Lunch:**  
Spaghetti w/Meatsauce  
Chef Salad w/WG Roll  
*Includes Fruits, Vegetables & Milk*

**27**

**Breakfast:**  
Yogurt w/ Graham Cracker  
**Lunch:**  
Cheesy Breadsticks w/ Marinara  
Sunbutter and Jelly Sandwich  
**Fresh Pick Thursday:**  
**Watermelon**

**28**

**Breakfast:**  
Chefs Choice  
**Lunch:**  
Chefs Choice  
*Includes Fruits, Vegetables & Milk*

**31**

No School





## 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.

liftoffsplayground.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

### WATERMELON SALSA

- 2 c Watermelon (medium dice)
- 1 c Cucumber (medium dice)
- ¼ c Pineapple (medium dice)
- ¼ c Onion (small dice)
- 1 Jalapeno pepper (minced)
- 2 T Lime Juice
- 1 T Orange juice
- 1 T Honey
- Salt and pepper to taste

1. Prepare all ingredients as directed.
2. In medium bowl mix all ingredients together.
3. This dish can be served with baked corn chips or grilled meats.



sodexo



100% post-consumer



### 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**

**INVEST IN YOUR STUDENT'S LONG TERM HEALTH  
PURCHASE SCHOOL MEALS!**

Nutrition Information is available upon request.