

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

2

1
Cheese or Pepperoni Pizza Yogurt To go box Steamed Green Beans

2
Corn Dog French Fries Turkey and Cheese Sub

3
Yogurt and Fruit Parfait Pretzel with Cheese sauce Seasoned Steamed carrots

4

6
BBQ Pulled Pork Sandwich Ham Salad w/roll Tater tots

7
Chicken Tenders w/roll Mashed potatoes Sun butter or Peanut Butter Sandwich

8
Cheese or Pepperoni Pizza Turkey and Cheese sub Steamed Broccoli

9
Macaroni and Cheese w/roll Ham And Cheese sub Apple glazed carrots

10
Cheesy Scrambled eggs French Toast French Fries Combo Sub

11

13
Cheese Breadsticks w/Marinara Fruit and Vegetable option Chefs choice 2nd option

14
Orange Chicken and Rice Fruit and Vegetable option Chefs Choice 2nd option

15
Cheese Or Pepperoni Pizza Fruit and Vegetable option Chefs Choice Second option

16
Fruit and Yogurt to Go box Fruit and vegetable option Chefs Choice 2nd option

17
Cheeseburger Fruit and vegetable option Chefs Choice 2nd option

18

20
Cheese or Pepperoni Pizza Fruit and Vegetable option Chefs Choice 2nd Option

21
Chicken and Waffles Fruit and vegetable option Chefs Choice 2nd option

22
Hot Dog Fruit and Vegetable option Chefs Choice 2nd option

23
Chefs Choice

24

25

27

28

29

30

31

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.

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BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		5/1/24 Breakfast Bar Pop tart w/ String Cheese Fruit and Juice	5/2/24 Waffle Breakfast Sandwich Cereal w/cheese stick Fruit and Juice	5/3/24 Breakfast Burrito Cereal W/cheese stick Fruit and Juice
5/6/24 English Muffin Breakfast Sandwich Cereal w/cheese stick Fruit and Juice	5/7/24 Breakfast Sandwich Pop tart w/cheese stick Fruit and Juice	5/8/24 Breakfast Pizza Banana Bread w/ cheese stick Fruit and Juice	Fruit and Yogurt Parfait Cereal W/ cheese stick Fruit and Juice	5/10/24 Pancake on a stick Muffin w/ cheese stick Fruit and juice
4/13/24 Donuts Fruit and Juice option Chefs Choice 2nd option	4/14/24 Bagels with Cream Cheese Fruit and Juice option Chefs Choice 2nd Option	4/15/24 Breakfast Bar Fruit and Juice Chefs Choice 2nd option	Yogurt Parfait Fruit and Juice Chefs Choice 2nd option	Biscuit Sandwich Fruit and Juice Chefs Choice 2nd option
4/20/24 Chefs Choice	4/21/24 Chefs Choice	4/22/24 Chefs Choice	4/23/24 Chefs Choice	

Fresh Pick Recipe

APPLE AND CARROT SAUTÉ

- 1 ½ Tbsp olive oil
- ¼ c onion (small dice)
- ½ c celery (sliced thin)
- 2 c carrots (1" slices)
- 1 c plus 2 Tbsp water (divided)
- 1 ½ c apples (unpeeled/tart/large dice)
- 1 Tbsp honey
- 2 Tbsp orange juice
- 1 Tbsp cornstarch
- salt and pepper to taste
- 2 Tbsp parsley (sliced)

1. Prepare ingredients as directed.
2. In medium saucepan sauté onions and celery in the olive oil for 2 minutes until tender.
3. Add 1 C water and the carrots to the pan and simmer until carrots are crisp but tender.
4. Drain any remaining water. Add apples, honey and orange juice to the carrots and sauté for 5 minutes.
5. Combine the cornstarch with the remaining 2 T water and add to the pan.
6. Add salt and pepper to taste.
7. Bring to a medium boil and then simmer for 2 minutes. Garnish with parsley and serve.