

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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1
Cheese or Pepperoni Pizza Fruit And Vegetable

2
Corn Dog Fruit and Vegetable

3
Pretzel with Cheese sauce Fruit and Vegetable

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6
No School

7
Chicken Tenders w/roll Fruit and Vegetable

8
Cheese or Pepperoni Pizza Fruit and Vegetable

9
Macaroni and Cheese w/roll Fruit and Vegetable

10
Cheesy Scrambled eggs French Toast Fruit and Vegetable

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13
No School

14
Orange Chicken and Rice Fruit and Vegetable option

15
Cheese Or Pepperoni Pizza Fruit and Vegetable option

16
Combo Sandwich Fruit and vegetable option

17
No School

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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

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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.



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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

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.

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BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		5/1/24 Breakfast Bar Fruit and Juice	5/2/24 Cereal w/cheese stick Fruit and Juice	5/3/24 Breakfast Burrito Fruit and Juice
No School	5/7/24 Breakfast Sandwich Fruit and Juice	5/8/24 Banana Bread w/ cheese stick Fruit and Juice	Yogurt and crackers Fruit and Juice	5/10/24 Cereal w/ cheese stick Fruit and juice
No School	5/14/24 Bagels with Cream Cheese Fruit and Juice option	5/15/24 Muffin and Cheese Stick Fruit and Juice	5/16/24 Cereal W/ Cheese stick Fruit and Juice	No School
4/20/24 Chefs Choice	4/21/24 Chefs Choice	4/22/24 Chefs Choice	4/23/24 Chefs Choice	

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Nutrition Information is available upon request.

May 2024

April '24							June '24						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5	6							1
7	8	9	10	11	12	13	2	3	4	5	6	7	8
14	15	16	17	18	19	20	9	10	11	12	13	14	15
21	22	23	24	25	26	27	16	17	18	19	20	21	22
28	29	30					23	24	25	26	27	28	29
							30						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1 Graham Cracker Juice	2 Goldfish Cracker Veggie	3 Muffin Fruit	4
5	6	7 Graham Crackers Veggie	8 Goldfish Crackers Veggie	9 Yogurt Cup Fruit	10 Muffin Milk	11
12	13	14 Graham Crackers Juice	15 Pretzels String Cheese	16 Cheez-it Crackers Fruit	17 NO SCHOOL	18
19	20 NO SCHOOL	21 NO SCHOOL	22 NO SCHOOL	23 NO SCHOOL	24 NO SCHOOL	25
26	27 NO SCHOOL SUMMER BREAK	28 NO SCHOOL	29 NO SCHOOL	30 NO SCHOOL	31 NO SCHOOL	1
2	3	Notes ECC SNACK				