



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

Thrive Bar
side salad offered daily

Monday: Carrots sticks
Tuesday: Chilled Corn Salad
Wednesday: Broccoli Dippers
Thursday: Bean Salad
Friday: Celery Sticks

1

1. Philly Cheesesteak
2. Cheese Pizza
3. Italian Sub
Roasted Broccoli & Carrots

2

1. Chicken & Waffles
2. Cheese/Pepperoni Pizza
3. Italian Sub
Southwest Black Beans

3

1. Cheese Quesadilla w/salsa & sour cream
2. Cheese Pizza
3. Italian Sub
Parmesan Green Beans

6

1. Cheesy Stuffed Breadsticks w/marinara sauce
2. Cheese Pizza
3. Crispy Chicken Salad w/dinner roll
Sweet Potato Fries

7

1. Grilled Cheese Pretzel Sandwich w/tomato soup
2. Cheese Pizza
3. Crispy Chicken Salad w/dinner roll
Aztec Corn

8

1. Beefy Cheesy Mac & Cheese
2. Cheese Pizza
3. Crispy Chicken Salad w/dinner roll
Roasted Broccoli

9

1. Bacon Cheeseburger
2. Cheese Pizza
3. Crispy Chicken Salad w/dinner roll
Hummus & Carrot Sticks

10

1. Chicken Bacon Ranch Sandwich
2. Cheese Pizza
3. Crispy Chicken Salad w/dinner roll
Green Beans

13

1. Macaroni & Cheese w/dinner roll
2. Cheese Pizza
3. Ham & Cheese Sandwich
Sweet Potato Fries

14

1. Chicken Patty Sandwich
2. Cheese Pizza
3. Ham & Cheese Sandwich
Seasoned Steamed Corn

15

Breakfast for Lunch
1. Whole grain Pancakes w/turkey sausage & syrup
2. Cheese Pizza
3. Ham & Cheese Sandwich
Broccoli & Cauliflower

16

1. Cheeseburger on a bun
2. Cheese Pizza
3. Ham & Cheese Sandwich
Baked Beans

17

1. Beefy Cheesy Pasta
2. Cheese Pizza
3. Ham & Cheese Sandwich
Mixed Vegetables

20

1. Hot Diggity Dog
2. Cheese Pizza
3. Crispy Chicken Wrap
Sweet Potato Fries

21

Taco Tuesday
1. Beef Tacos w/spanish rice
2. Cheese Pizza
3. Crispy Chicken Wrap
Elote Corn

22

1. Meatball Parmesan Sub
2. Cheese Pizza
3. Crispy Chicken Wrap
Roasted Broccoli & Red Peppers

23

1. Bang Bang Chicken w/brown rice
2. Cheese Pizza
3. Crispy Chicken Wrap
Black Bean & Corn Salsa

24

1. Chicken Alfredo Pasta
2. Cheese Pizza
3. Crispy Chicken Wrap
Steamed Green Beans



28

1. Hometown Corn Dog
2. Cheese/sausage Pizza
3. Turkey Club Sandwich
Roasted Corn & Pepper Salad

29

1. Pulled Pork Nachos w/salsa & sour cream
2. Cheese Pizza
3. Turkey Club Sandwich
Roasted Broccoli

30

1. Crispy Breaded Drumstick w/cheesy grits
2. Cheese/sausage Pizza
3. Turkey Club Sandwich
Baked Beans

31

1. Classic Grilled Cheese w/tomato soup
2. Cheese/sausage Pizza
3. Turkey Club Sandwich
Mixed Vegetables

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

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.



10% post-consumer



Please look for these icons in your cafeteria.

