

## MONDAY

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

## TUESDAY

**Thrive Bar**  
side salad offered daily

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

## WEDNESDAY

**1**

1. Philly Cheesesteak  
2. Ez Pizza Box  
Roasted Broccoli & Carrots

## THURSDAY

**2**

1. Chicken & Waffles w/syrup  
2. Ez Pizza Box  
Southwest Black Beans

## FRIDAY

**3**

1. French Bread Pizza  
2. Ez Bento Box  
Parmesan Green Beans

**6**

1. Cheesy Stuffed Breadsticks w/marinara sauce  
2. Hot Diggity Dog  
Sweet Potato Fries

**7**

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

**8**

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

**9**

1. Cheeseburger on Bun  
2. Crispy Chicken Salad w/dinner roll  
Hummus & Carrot Sticks

**10**

1. Cheese Pizza  
2. Chicken Patty Sandwich  
Green Beans

**13**

1. Chicken Tenders w/roll  
2. Ham & Cheese Sandwich  
Sweet Potato Fries

**14**

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

**15**

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

**16**

1. Cheeseburger on a bun  
2. Popcorn Chicken Bowl w/mash potato & corn  
Baked Beans

**17**

1. French Bread Pizza  
2. Ham & Cheese Sandwich  
Mixed Vegetables

**20**

1. Hot Diggity Dog  
2. Cheesy Stuffed Breadsticks w/marinara sauce  
Sweet Potato Fries

**21**

Taco Tuesday  
1. Beef Tacos w/spanish rice  
2. Boneless Chicken Bites w/soft pretzel  
Elote Corn

**22**

1. Meatball Parmesan Sub  
2. Fruit & Yogurt Parfait  
Roasted Broccoli & Red Peppers

**23**

1. Popcorn Chicken w/brown rice  
2. Fruit & Yogurt Parfait  
Black Bean & Corn Salsa

**24**

1. Cheese Pizza  
2. Fruit & Yogurt Parfait  
Steamed Green Beans



**28**

1. Hometown Corn Dog Bites  
2. Turkey Club Sandwich  
Roasted Corn & Pepper Salad

**29**

1. Butter Chicken w/brown rice  
2. Turkey Club Sandwich  
Roasted Broccoli

**30**

1. Crispy Breaded Drumstick w/cheesy grits  
2. Turkey Club Sandwich  
Baked Beans

**31**

1. Cheese Pizza cheese/pepperoni  
2. Classic Grilled Cheese w/tomato soup  
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.

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



Nutrition Information is available upon request.