

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Daily Thrive Bar
Monday: Baby Carrots
Tuesday: Chilled Corn
Wednesday: Chopped Salad
Thursday Chick Peas
Friday: Celery Sticks

CHICKEN NUGGETS OFFERED DAILY

1
Pasta & Meatballs w/dinner roll
Chicken Patty Bruschetta
Chicken Salad Sandwich
Chicken Caesar Salad
Cereal Boat
Green Beans
White House Salad
Fresh Fruit & Fruit Cup

2
Nachos Grande
Sizzlin' Beef Fajitas
Chicken Salad Sandwich
Chicken Caesar Salad
Cereal Boat
Black Beans
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

3
Pizza
Meatball Sub
Chicken Salad Sandwich
Chicken Caesar Salad
Cereal Boat
Mexican Slaw
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

All lunches served with choice of milk: Skim, Low Fat, Low Fat Chocolate.

6
Chicken Nuggets
Cheese Burger
Chicken Caesar Wrap
Chef Salad
Cheese & Cracker Box
Glazed Carrots
Spinach Tossed Salad
Fresh Fruit & Fruit Cup

7
Popcorn Chicken Bowl w/Roll
Cheesy Dog
Chicken Caesar Wrap
Chef Salad
Cheese & Cracker Box
Mashed Potatoes
Spinach Tossed Salad
Fresh Fruit & Fruit Cup

8
Pasta w/ Meat Sauce w/ Dinner roll
Chicken Breast Club Sandwich
Chicken Caesar Wrap
Chef Salad
Cheese & Cracker Box
Roasted Garden Vegetables
Spinach Tossed
Fresh Fruit & Fruit Cup

9
Walking Taco
Beef Cheddar Flatbread
Chicken Caesar Wrap
Chef Salad
Cheese & Cracker Box
Baked French Fries
Spinach Tossed Salad
Fresh Fruit & Fruit Cup

10
Pizza
Monster Meatball Sub
Chicken Caesar Wrap
Chef Salad
Cheese & Cracker Box
Steamed Cauliflower
Spinach Tossed Salad
Fresh Fruit & Fruit Cup

Menu Subject to change.

13
Chicken Nuggets
Cheese Burger
Italian Wrap
Antipasto Salad
Pretzel Boat
Sweet Potato Fries
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

14
Chicken Tenders w/dinner roll
Mozzarella Sticks w/Tortilla Chips
Italian Wrap
Antipasto Salad
Pretzel Boat
Golden Corn
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

15
Pasta Bar w/Dinner Roll
Chicken Parm. Sandwich
Italian Wrap
Antipasto Salad
Pretzel Boat
Roasted Broccoli
Crispy Turnip Salad
Fresh Fruit & Fruit Cup

16
Tacos
Mexican Chicken Tostadas
Italian Wrap
Antipasto Salad
Pretzel Boat
Bush's Baked Beans
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

17
School Closed

20
School Closed

21
Taco Stuffed Potato Skins
Grilled Ham & Cheese
Turkey & Cheese Sandwich
Greek Salad w/Pita
Yogurt Boat
Baked French Fries
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

22
Cheese Ravioli w/Dinner roll
Chicken Patty Sandwich
Turkey & Cheese Sandwich
Greek Salad w/Pita
Yogurt Boat
Steamed Green Beans
Kale Tuscan Salad
Fresh Fruit & Fruit Cup

23
Crispy Chicken Fajita Tacos w/Rice
Soft Shell Taco
Turkey & Cheese Sandwich
Greek Salad w/Pita
Yogurt Boat
Mexican Beans
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

24
Pizza
Bosco Sticks
Turkey & Cheese Sandwich
Greek Salad w/Pita
Yogurt Boat
Golden Corn
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

27
Chicken Nuggets
Bacon Cheeseburger
Ham & Cheese Sandwich
Asian Chicken Salad
Bagel Boat
Sweet Potato Slim Stix Fries
Spinach Tossed Salad
Fresh Fruit & Fruit Cup

28
Chicken in a Basket w/Tortilla Chips
Cheesy Dog
Ham & Cheese Sandwich
Asian Chicken Salad
Bagel Boat
Kale Cesar Salad
Spinach Tossed Salad
Fresh Fruit & Fruit Cup

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.



Sodexo is committed to promoting healthier food choices and encourages students and families to use the USDA MyPlate to build healthy and balanced meals.

- **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 after eating any kind of food that you brush your teeth. At a minimum you should brush your teeth morning and night and be sure to see a dentist every 6 months.

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How Much Sugar is OK?

Sugar is often referred to as *naturally-occurring* or *added*. On food labels, both kinds of sugar are included in "sugars" listed on the Nutrition Facts panel.

Naturally-occurring sugars are found in many foods automatically because mother-nature put them there. For example, dairy products, such as yogurt, milk and fruit contain naturally-occurring sugars. Lactose is the sugar in milk and yogurt and fructose is the sugar in fruit. While these foods contain sugar, these sugars are not the ones causing the greatest concern in the American diet. Instead, excessive intake of **added sugars** is the concern.

Some foods have sugar added to them. The consumption of too much added sugar has been linked to obesity and hyperglycemia (high blood sugar). It is recommended that we consume no more than 10% of our calories from sugars. For your daily diet that translates to no more than 6 to 8 teaspoons of sugar per day. To put that in perspective, some sugar-flavored beverages alone can contain as much as 8 to 12 teaspoons of sugar. That 6 to 8 teaspoon daily limit translates to about 24 to 32 grams of sugar daily. Check out how many grams you eat by reading the Nutrition Facts panel on your favorite foods and beverages.

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

EGG WHITE OMELETTE WITH SPINACH OR CHARD (MAKES 1 OMELETTE)

- 2 teaspoons olive oil
- 2 cups spinach or chard leaves
- pepper (freshly milled)
- 3 egg whites, beaten with 1/2 teaspoon chopped marjoram or chives

1. In a small nonstick skillet, heat one teaspoon of oil.
2. Add the spinach or chard, and cook until it's wilted.
3. Season with salt and pepper, then move to a plate.
4. Add the second teaspoon of oil to the pan, then pour in the whites. Tilt the pan to spread them out, then cook over medium heat until they're set.
5. Season with a pinch of salt and pepper, arrange the spinach over 1/3 of the eggs, then gently prod the eggs over to make a rolled omelette.