

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

Cheese Quesadilla
Baked
Chicken Nuggets
w/Roll
Fruit Parfait

2

BBQ Chicken & Rice
w/Roll
Chicken
Corn Dog

3

Crispy Chicken
Sandwich
Teriyaki Beef Dippers
w/Rice
Handmade
Bean & Cheese
Burrito

4

100% Mozzarella Cheese or
Pepperoni Pizza
Italian Pasta Bake
Turkey & Cheddar
Sandwich

5

Crunchy
Beef Tacos
Cheeseburger
Peanut Butter & Jelly
Sandwich

8

Bean & Cheese
Pupusa w/Curtido
Chicken
Corn Dog

9

Spaghetti w/Meat Sauce
Turkey
Hot Dog
Hot Cheesy Bread

10

Pork BBQ Sliders
Baked
Chicken Nuggets
w/Roll
Grilled
Cheese Sandwich

11

Spicy
Chicken Sandwich
American Sub
Sandwich
Fruit Parfait

12

Bean & Cheese
Nachos
Chicken Tenders w/Roll
Peanut Butter & Jelly
Sandwich

15

Cheese Quesadilla
Baked
Chicken Nuggets
w/Roll
Fruit Parfait

16

BBQ Chicken & Rice
w/Roll
Chicken
Corn Dog

17

Crispy Chicken
Sandwich
Teriyaki Beef Dippers
w/Rice
Handmade
Bean & Cheese
Burrito

18

100% Mozzarella Cheese or
Pepperoni Pizza
Italian Pasta Bake
Turkey & Cheddar
Sandwich

19

Crunchy
Beef Tacos
Cheeseburger
Peanut Butter & Jelly
Sandwich

22

Bean & Cheese
Pupusa w/Curtido
Chicken
Corn Dog

23

Spaghetti w/Meat Sauce
Turkey
Hot Dog
Hot Cheesy Bread

24

BBQ Pork Sliders
Baked
Chicken Nuggets
w/Roll
Grilled
Cheese Sandwich

25

Spicy
Chicken Sandwich
American Sub
Fruit Parfait

26

Bean & Cheese
Nachos
Chicken Tenders w/Roll
Peanut Butter & Jelly
Sandwich

30

BBQ Chicken & Rice
w/Roll
Chicken
Corn Dog

31

Crispy Chicken
Sandwich
Teriyaki Beef Dippers
w/Rice
Handmade
Bean & Cheese
Burrito



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

BREAKFAST

MONDAY: Pan Dulce or Pancakes

TUESDAY: Cinnamon Bun or Egg & Cheese English Muffin

WEDNESDAY: Muffin & String Cheese or French Toast Sticks

THURSDAY: Pizza or Flavored Sweet Bread

FRIDAY: Benefit Bar or Bagel w/Cream Cheese

Assorted Cereals Offered Daily Served w/ Crackers or String Cheese
We Offer a variety of milk with your meal

Adult Breakfast \$2.50 Adult Lunch \$4.25

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.



Monday: Caesar Salad, Roasted Chickpeas & Carrots
Tuesday: Tossed Green Salad & Celery Sticks
Wednesday: Carrots, Seasoned Corn & Cucumbers
Thursday: Tossed Green Salad & Broccoli
Friday: Caesar Salad, Kidney Beans & Carrots

Assorted Fresh & Canned Fruit offered with both Breakfast & Lunch!

Nutrition Information is available upon request.