

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

1
BBQ Chicken Flatbread
Chicken Patty
Roasted Broccoli & Carrots

2
Hot Ham and Cheese on a Kaiser Roll
Chicken Patty
Potato Wedges

3
French Bread Pizza: Cheese or Pepperoni
Chicken Patty
Parmesan Green Beans

Offered Daily 4/29-5/3: Chicken Salad Sandwich or Peanut Butter & Jelly Sandwich
Gluten Free: Hamburger

6
Hot Diggity Dog
Chicken Patty
Baked Beans

7
Taco Tuesday
Chicken Fajita Tacos w/ Spanish rice
Chicken Patty
Corn

8
Grilled Cheese with Tomato Soup
Chicken Patty
Baked Fries

9
General Tso's Chicken with Rice
Chicken Patty
Mixed Veggies

10
Big Daddy's Pizza Slice: Cheese or Pepperoni
Chicken Patty
Green Beans

Offered Daily 5/6-5/10: Turkey & Cheese Sandwich or Peanut Butter & Jelly Sandwich
Gluten Free: Grilled Chicken

13
Chicken Quesadilla with Salsa and Sour Cream
Chicken Patty
Seasoned Carrot Coins

14
Twin Taco's with Salsa and Sour Cream
Chicken Patty Sandwich
Baked French Fries

15
Breakfast for Lunch:
Whole Grain Pancakes w/ turkey sausage & syrup
Chicken Patty
Broccoli & Cauliflower

16
Popcorn Chicken Bowl with Mashed Potatoes
Chicken Patty
Corn

17
Greenwich Field Day!!
Choice of:
Cheese/Pepperoni Pizza or Peanut butter and Jelly
Stow Creek only:
Cheese or Pepperoni Pizza
Chicken Patty
Baby Carrots

Offered Daily 5/13-5/17: Ham & Cheese Sandwich or Peanut Butter & Jelly Sandwich
Gluten Free: Egg and Sausage on a Roll

20
Hot Diggity Dog
Chicken Patty
Sweet Potato Fries

21
Taco Tuesday:
Beef Tacos w/ Spanish rice
Chicken Patty
Elote Corn

22
Bacon Cheeseburger
Chicken Patty
Vegetarian Baked Beans

23
Spaghetti in Meat Sauce with Dinner Roll
Chicken Patty
Side Salad

24
Stow Creek Field Day!
Bagged Lunch Choice of:
Turkey Sub or Peanut Butter and Jelly
Greenwich only:
Cheese or Pepperoni Pizza
Baby Carrots

Offered Daily 5/20- 5/24: Fruit & Yogurt Parfait or Peanut Butter & Jelly Sandwich
Gluten Free: Hot Dog



28
Taco Totchos w/ buttermilk biscuit
Chicken Patty
Tater Tots

29
Baked Ziti with Dinner Roll
Chicken Patty
Side Salad

30
Baked Chicken with Mashed Potatoes
Chicken Patty
Green Beans

31
Big Daddy's Pizza Slice: Cheese or Pepperoni
Chicken Patty
Seasoned Peas

Offered Daily 5/27-5/31: Chef Salad w/ Flatbread or Peanut Butter & Jelly Sandwich
Gluten Free: Grilled Chicken

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

Gluten Free Cereal Offered Daily!

MONDAY: Pop Tart

TUESDAY: Muffin

WEDNESDAY: Waffles

THURSDAY: Banana Bread

FRIDAY: Bagel with Cream Cheese

Fruit/ Juice and Milk available Daily

Fresh Pick Recipe

ASIAN LETTUCE WRAPS WITH ORANGE SAUCE

- 1 T Olive oil
 - 1 lb Turkey(ground)
 - ¾ c Onion(medium dice)
 - ¾ c Bell pepper(medium dice)
 - ½ c Celery(sliced thin)
 - 2/3 c Orange juice
 - 3 T Soy sauce(low sodium)
 - 1 ½ T Cornstarch mixed with 3 T water
 - 2-3 Drops of Hot Sauce(optional)
 - Salt and pepper to taste
 - 3 Oranges(peeled/large dice)
 - 1 Head of Romaine lettuce(washed/leaves separated)
 - ½ c Carrots(shredded)
 - ½ c Cilantro
1. Prepare all ingredients as directed.
 2. In medium sauce pan place the oil and turkey and sauté until meat is almost cooked through.
 3. Add the onions and bell peppers and celery and sauté for 3 minutes. Mix orange juice, soy sauce, and cornstarch mixture in small bowl and then add to the meat mixture.
 4. Simmer for 3 minutes.
 5. Add the diced oranges and heat through.
 6. Place meat mixture in a bowl and serve with the lettuce, carrots, and cilantro in separate bowls.

Please contact:

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with any dietary restrictions or questions about your account.

nutrislice

Menu Subject to Change

Nutrition Information is available upon request.

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