

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

**2**

**Breakfast:**  
Egg & Cheese Quesadilla (v)

**Lunch:**  
Cheesy Breadsticks with Marinara (v)  
Ham & Cheese Sandwich  
Side Veggie: mixed Vegetables

**3**

**Breakfast:**  
Mini Maple Waffles (v)

**Lunch:**  
Chicken Alfredo Pasta  
BBQ Chicken Burger  
Sunbutter and Jelly Sandwich (v)  
Side Veggie: Mixed Vegetable Blend

**Breakfast:**  
Ham & Cheese Muffin Sandwich

**Lunch:**  
Pretzel with Cheese Sauce (v)  
Turkey & Cheese Sandwich  
Cheese Quesadilla (v)  
Side Veggie: Potato Wedges

**5**

**Breakfast:**  
Fresh Baked Cinnamon Rolls

**Lunch:**  
Macaroni and Cheese  
Chicken Quesadillas  
Cheese Quesadillas (V)  
Side Veggie: Steamed Veggies

**6**

**Breakfast:**  
Homemade Fruit Muffin or Muffin Square (v)

**Lunch:**  
Homemade Cheese Pizza (v)  
Southwest Chicken Wrap  
Ham & Cheese Sandwich  
Side Veggie: Roasted Broccoli and Carrots

Breakfast Includes: Choice of entrée listed or selection of cereal with toast or cheese stick, choice of fruit, and milk

**9**

**Breakfast:**  
Waffles with Fruit Compote (v)

**Lunch:**  
Meatball Marinara Sub  
BBQ Chicken Sandwich  
Chef Salad with WG Rolls  
Side Veggie: Mixed Vegetables

**10**

**Breakfast:**  
Turkey Sausage Breakfast Pizza

**Lunch:**  
Breakfast For Lunch: French Toast Sticks and Sausage  
Taco Tuesday: Chicken Soft Taco  
Cheese Quesadilla  
Side Veggie: Tater Tots

**11**

**Breakfast:**  
Pancakes and Syrup

**Lunch:**  
Sweet & Sour Chicken Rice Bowl  
Hot Dog  
Turkey Taco Salad with WG Tortilla Chips  
Side Veggie: Roasted Broccoli & Carrots

**12**

**Breakfast:**  
Cinnamon Rolls

**Lunch:**  
Cheesy Breadsticks with Marinara (v)  
Turkey Taco Nachos  
Chicken Quesadillas  
Side Veggie: Aztec Corn & Black Beans

**13**

**Breakfast:**  
WG Cinnamon Roll (v)

**Lunch:**  
Homemade Cheese Pizza (v)  
Scratch Made Sloppy Joe  
Chicken Caesar Salad with WG Rolls  
Side Veggie: Mashed Potatoes

Lunch Includes: Choice of entrée listed, variety of fruits and vegetables, and milk

**16**

**Breakfast:**  
Egg & Cheese Quesadilla (v)

**Lunch:**  
Cheesy Breadsticks with Marinara (v)  
Ham & Cheese Sandwich  
Side Veggie: mixed Vegetables

**17**

**Breakfast:**  
Mini Maple Waffles (v)

**Lunch:**  
Chicken Alfredo Pasta  
BBQ Chicken Burger  
Sunbutter and Jelly Sandwich (v)  
Side Veggie: Mixed Vegetable Blend

**18**

**Breakfast:**  
Ham & Cheese Muffin Sandwich

**Lunch:**  
Pretzel with Cheese Sauce (v)  
Turkey & Cheese Sandwich  
Cheese Quesadilla (v)  
Side Veggie: Potato Wedges

**19**

**Breakfast:**  
Fresh Baked Cinnamon Rolls

**Lunch:**  
Macaroni and Cheese  
Chicken Quesadillas  
Cheese Quesadillas (V)  
Side Veggie: Steamed Veggies

**20**

**Breakfast:**  
Homemade Fruit Muffin or Muffin Square (v)

**Lunch:**  
Homemade Cheese Pizza (v)  
Southwest Chicken Wrap  
Ham & Cheese Sandwich  
Side Veggie: Roasted Broccoli and Carrots

**23**

**Breakfast:**  
Waffles with Fruit Compote (v)

**Lunch:**  
Meatball Marinara Sub  
BBQ Chicken Sandwich  
Chef Salad with WG Rolls  
Side Veggie: Mixed Vegetables

**24**

**Breakfast:**  
Turkey Sausage Breakfast Pizza

**Lunch:**  
Breakfast For Lunch: French Toast Sticks and Sausage  
Taco Tuesday: Chicken Soft Taco  
Cheese Quesadilla  
Side Veggie: Tater Tots

**25**

**Breakfast:**  
Pancakes and Syrup

**Lunch:**  
Sweet & Sour Chicken Rice Bowl  
Hot Dog  
Turkey Taco Salad with WG Tortilla Chips  
Side Veggie: Roasted Broccoli & Carrots

**26**

**Breakfast:**  
Cinnamon Rolls

**Lunch:**  
Cheesy Breadsticks with Marinara (v)  
Turkey Taco Nachos  
Chicken Quesadillas  
Side Veggie: Aztec Corn & Black Beans

**27**

**LAST DAY OF SCHOOL!!!**

**Breakfast:**  
WG Cinnamon Roll (v)

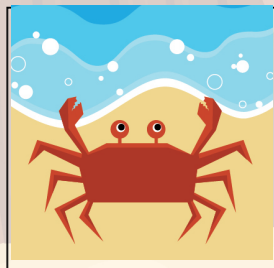
**Lunch:**  
Homemade Cheese Pizza (v)  
Homemade Pepperoni Pizza  
Chicken Caesar Salad with WG Rolls

**30**

Don't Forget About Our Summer Breakfast and Lunch Programs at Bellevue and Wood River High School.

Open to anyone Under 18 Years old, Time TBD

**FREE BREAKFAST AND LUNCH**



Have a Safe, Healthy and Fun Filled Summer Vacation.

See You Back Next School Year!!!



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(v) = meatless option

## 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.

## SCHOOL MEAL PRICES:

**BREAKFAST: REDUCED MEALS AT NO COST PAID: ES \$0.00 MS: \$0.00 HS: \$0.00**  
**LUNCH: REDUCED MEALS AT NO COST PAID: ES: \$0.00 MS: \$0.00 HS: \$0.00**

**All meals for the 2021-2022 school year are FREE for all students!**

Nutrition Information is available upon request.