

1 Breakfast: French Toast Sticks (v) Lunch: Mini Corn Dogs Hamburger or Cheeseburger Veggie Burger (v) Side Veggie: Potato Smiles	2 Breakfast: Fruit & Yogurt Parfait (v) Lunch: National Taco Day: Turkey Soft Taco Sunbutter & Jelly Sandwich (v) Chicken Nuggets w/ WG Roll Side Veggie: Corn	3 Breakfast: Breakfast Bowl with Toast Lunch: BBQ Boneless Chicken Wing with WG Roll Hot Dog Ham & Cheese Sandwich Fruit & Yogurt Parfait (v) Side Veggie: Oven Baked Fries	4 Breakfast: Homemade Breakfast Burrito Lunch: Spaghetti Pasta with Meat Sauce(v) Chicken Burger Chicken Caesar Salad with WG Rolls Side Veggie: Roasted Broccoli and Carrots	5 Breakfast: WG Cinnamon Roll (v) Lunch: Cheese Pizza Grilled Cheese Sandwich (v) Mini Corn Dogs w/WG roll Side Veggie: Sweet Potato Fries
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Breakfast Includes: Choice of entrée listed or selection of cereal with toast or cheese stick, choice of fruit, and milk.

8 Breakfast: Apple Frudel (v) Lunch: Teriyaki Chicken over Rice Cheesy Lasagna Rollup (v) Turkey & Cheese Sandwich Side Veggie: Roasted Broccoli & Carrots	9 Breakfast: Breakfast Bowl with Toast Lunch: Breakfast for Lunch: Pancakes & Sausage Chicken Burger Chef Salad w/ WG Rolls Side Fruit: Baked Cinnamon Apples	10 Breakfast: Egg & Cheese Breakfast Sandwich (v) Lunch: Bean and Cheese Nachos (v) BBQ Chicken Sandwich Italian Sub Side Veggie: Tator Tots	11 Breakfast: Waffles with Syrup (v) Lunch: Baked Penne Pasta (v) Chicken Nuggets with WG Roll American Sandwich Side Veggie: Green Beans	12 Breakfast: Ham & Cheese Buscuit Lunch: Homemade Cheese Pizza (v) Sunbutter and Jelly Sandwich (v) Popcorn Chicken Salad with WG Roll Side Veggie: Potato Wedges
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Lunch Includes: Choice of entrée listed, variety of fruits and vegetables, and milk.

15 Breakfast: Egg & Cheese Quesadilla (v) Lunch: Cheesy Breadsticks with Marinara (v) Pork Rib-B-Que Sandwich Ham & Cheese Sandwich Side Veggie: Potato Smiles	16 Breakfast: Pancake Bites with Cinnamon & Sugar (v) Lunch: Mini Cheese Ravioli with WG Roll (v) Hamburger or Cheeseburger Veggie Burger (v) Side Veggie: Baked Beans	17 Breakfast: Sausage & Cheese Breakfast Sandwich Lunch: Orange Chicken Rice Bowl Baked Mini Corn Dog Sunbutter & Jelly Sandwich (v) Side Veggie: Roasted Broccoli and Carrots	18 Breakfast: Apple Frudel (v) Lunch: Macaroni and Cheese (v) Chicken Burger Fruit & Yogurt Parfait (v) Side Veggie: Oven Baked Fries	19 Breakfast: Scratch-Made French Toast Lunch: Pepperoni Pizza Pretzel with Cheese Sauce (v) Baked Corn Dog Side Veggie: Tater Tot
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22 Breakfast: Waffles with Syrup (v) Lunch: Meatball Marinara Sub Chicken Nuggets with WG Roll Chef Salad with WG Rolls Side Veggies: Potato Wedges	23 Breakfast: Turkey Sausage Breakfast Pizza Lunch: Breakfast for Lunch: French Toast Sticks and Sausage Taco Tuesday: Turkey Soft Taco Fruit & Yogurt Parfait (v) Side Veggie: Hash Brown Potato	24 Breakfast: Breakfast Bowl with Toast Lunch: Sweet & Sour Chicken Rice Bowl Hot Dog Cheesy Lasagna Rollup Side Veggies: Roasted Broccoli and Carrots	25 Breakfast: Bagel W/Cream Cheese Lunch: Cheesy Breadsticks with Marinara (v) Chicken Quesadillas Crispy Chicken Wrap Side Veggie: Aztec Corn and Black Beans	26 No School
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29 No School	30 Breakfast: Maple Mini Waffles (v) Lunch: Chicken Alfredo Pasta Chicken Burger Sunbutter and Jelly Sandwich (v) Side Veggie: Mixed Vegetable Blend	31 Breakfast: Ham & Cheese Breakfast Sandwich Lunch: Pork Posole with WG Tortilla Chips Pretzel with Cheese Sauce (v) Turkey & Cheese Sandwich Side Veggie: Potato Wedges		
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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.

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:

Students who are reduce-priced eligible will receive student meals at no cost.

BREAKFAST:

PAID: ES \$1.50 MS \$1.50 HS \$1.50

LUNCH:

PAID: ES: \$2.95 MS \$3.30 HS \$4.35

