

MONDAY



TUESDAY

All lunches include a variety of fresh fruit, chilled fruit cup, and choice of milk (1% white milk or fat free chocolate)

MENU SUBJECT TO CHANGE

WEDNESDAY

**REDUCED BREAKFAST-\$0.00
PAID BREAKFAST-\$2.25**

**REDUCED LUNCH-\$0.00
PAID LUNCH-\$3.25**

THURSDAY

1

Chicken Nuggets
w/dinner roll
mashed potatoes

FRIDAY

2

PIZZA DAY
Big Daddy Pizza
garden tossed salad

Daily Offerings-5/1-5/2/2025:
Turkey & Cheese sandwich

5

Fajita Chicken
wrap
Black Beans

6

Bacon Cheeseburger
on a bun
French Fries

7

Mac & Cheese
w/ dinner roll
Roasted Broccoli

8

BREAKFAST FOR LUNCH
Egg Patty
w/French Toast Sticks
tater tots

9

PIZZA DAY
Big Daddy Pizza
garden tossed salad

Daily Offerings-5/5-5/9/2025:
Crispy Chicken Wrap

12

Breaded Chicken Nuggets
w/ dinner roll
carrot coins

13

TACO TUESDAY
Turkey Taco Meat
w/ shredded cheddar, salsa & soft
wrap
corn

14

Baked Ziti
w/ meat sauce
steamed broccoli

15

BREAKFAST FOR LUNCH
Pancakes
w/ sausage patty
hash browns

16

PIZZA DAY
Big Daddy Pizza
garden tossed salad

Daily Offerings-5/12/16/2025:
Chef's salad

19

Hamburger
on a bun
Vegetarian Baked Beans

20

TACO TUESDAY
Fajita Chicken
wrap
steamed spinach

21

Spaghetti
w/Marinara Sauce & dinner roll
Green Beans

22

BREAKFAST FOR LUNCH
Chicken & Waffles
Roasted Broccoli

23

PIZZA DAY
Big Daddy Pizza
garden Tossed Salad

Daily Offerings-5/19/23/2025:
Ham & Cheese Sandwich

26

**MEMORIAL DAY
SCHOOL CLOSED**

27

TACO TUESDAY
Tatchos
Turkey Taco Meat
w/ cheese, salsa & sour cream
tater tots

28

Mac & Cheese
w/ breadstick
peas & carrots

29

BREAKFAST FOR LUNCH
Hot Ham & Cheese
on a bagel
Golden Corn

30

PIZZA DAY
Big Daddy Pizza
garden tossed salad

Daily Offerings-5/27/30/2025:
Turkey & Cheeses Sandwich

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.

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/>.