

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**



**nutrislice**



Ham & Cheese on a Bun  
Baby Carrots  
Fresh Apple  
Milk

French Bread Pizza  
Celery Sticks  
Orange Smiles  
Milk

5

6

7

8

9

**CINCO DE MAYO**  
Beef Taco Totcho  
w/ Tator Tots  
Salsa  
Sweet Pears  
Milk

Chicken Patty on a Bun  
Sweet Potato Fries  
Apple Slices  
Milk

Spaghetti w/ Meatballs  
Italian Green Beans  
Banana  
Milk

Cheeseburger on a Bun  
Crispy Fries  
Fresh Apple  
Milk

Cheese Pizza  
Baby Carrot  
Orange Wedges  
Milk

12

13

14

15

16

Alfredo Mac  
Dinner Roll  
Steamed Broccoli  
Sweet Applesauce  
Milk

Turkey & Cheese on a Bun  
Cucumber Slices  
Sweet Peaches  
Milk

Grilled Ham & Cheese  
Steamed Green Beans  
Banana  
Milk

Chicken Nuggets  
Dinner Roll  
Crispy Fries  
Fresh Apple  
Milk

French Bread Pizza  
Baby Carrots  
Sweet Pears  
Milk

19

20

21

22

23

Chicken Nuggets  
w/ Dinner Roll  
Sweet Potato Fries  
Apple Slices  
Milk

Macaroni & Cheese  
Parmesan Green Beans  
Sweet Pineapple  
Milk

**Breakfast for Lunch:**  
Golden Pancake w/  
Turkey Sausage  
Tator Tots  
Banana  
Milk

Cheese Pizza  
Baby Carrot  
Orange Smiles  
Milk

School Closed



27

28

29

30

School Closed

Chicken Patty on a Bun  
Parmesan Green Beans  
Sweet Peaches  
Milk

Ham & Cheese Sandwich  
Cucumber Slices  
Banana  
Milk

Cheese French Bread Pizza  
Baby Carrots  
Orange Smiles  
Milk

2

3

4

5

6

Chicken Tender & Waffles  
Smiley Fries  
Sweet Applesauce  
Milk

Turkey & Cheese on a Bun  
Cucumber Slices  
Sweet Pears  
Milk

Stuffed Breadstick w/  
Marinara Sauce  
Parmesan Green Beans  
Sweet Pineapple  
Milk

Popcorn Chicken Bowl w/ Biscuit  
Mashed Potatoes  
Golden Corn  
Apple Slices  
Milk

Cheese Pizza  
Baby Carrots  
Orange Smiles  
Milk

## 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.

### BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			5/1 Warm Apple Strudel Or Assorted Cereal Graham Crackers	5/2 Chocolate Chip Muffin Or Assorted Cereal Graham Crackers
5/5 Assorted Cereal Graham Crackers Fresh Fruit Milk	5/6 Banana Muffin Or Assorted Cereal Graham Crackers	5/7 Mini French Toast Or Assorted Cereal Graham Crackers	5/8 Strawberry Yogurt Graham Cracker Or Assorted Cereal Graham Crackers	5/9 Chocolate Chip Mini Loaf Or Assorted Cereal Graham Crackers
5/12 Assorted Cereal Graham Crackers Fresh Fruit Milk	5/13 Blueberry Muffin Or Assorted Cereal Graham Crackers	5/14 Maple Mini Pancake Or Assorted Cereal Graham Crackers	5/15 Strawberry Yogurt Graham Cracker Or Assorted Cereal Graham Crackers	5/16 Chocolate Chip Muffin Or Assorted Cereal Graham Crackers
5/19 Assorted Cereal Graham Crackers Fresh Fruit Milk	5/20 Chocolate Chip Muffin Or Assorted Cereal Graham Crackers	5/21 Warm Apple Strudel Or Assorted Cereal Graham Crackers	5/22 Strawberry Yogurt Graham Cracker Or Assorted Cereal Graham Crackers	5/23 School Closed
5/26 Memorial Day! School Closed	5/27 School Closed	5/28 Assorted Cereal Graham Crackers Fresh Fruit Milk	5/29 Strawberry Yogurt Graham Cracker Or Assorted Cereal Graham Crackers	5/30 Chocolate Chip Muffin Or Assorted Cereal Graham Crackers
6/2 Assorted Cereal Graham Crackers Fresh Fruit Milk	6/3 Chocolate Chip Mini Loaf Or Assorted Cereal Graham Crackers	6/4 Mini French Toast Or Assorted Cereal Graham Crackers	6/5 Strawberry Yogurt Graham Cracker Or Assorted Cereal Graham Crackers	6/6 Strawberry Pop Tart Or Assorted Cereal Graham Crackers

### Fresh Pick Recipe

#### GREEN SALAD WITH CANTELOUPE

- 4 C Romaine (1" slice)
- 2 C Canteloupe (medium dice)
- ½ Cucumber (peeled/sliced thin in rounds)
- ¼ C onion (sweet/sliced thin)
- 1 T Lime juice
- 2 T Oil (light)
- ¾ t Honey
- Salt and pepper to taste
- 1 ½ T fresh mint or parsley for garnish

1. Prepare ingredients as directed.
2. Place the lettuce leaves on a medium platter.
3. In medium bowl add canteloupe, cucumber, and onion.
4. In small bowl mix lime juice, oil and honey.
5. Pour dressing on the cantaloupe mixture.
6. Add salt and pepper to taste. Spoon canteloupe mixture onto the lettuce. Garnish with mint or parsley.

Sodexo Proudly support clean, sustainable agriculture, and we purchase local whenever possible and seasonally available

**nutrislice**

Make Checks Payable to: Long Branch Board of Education  
 5 Lunches --- 10 Lunches --- 20 Lunches --- 25 Lunches  
 \$10.00 ----- \$20.00 ----- \$40.00 ----- \$50.00



Nutrition Information is available upon request.