

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 100% Orange Juice Milk	5/2 Chocolate Chip Muffin 100% Apple Juice Milk
5/5 Cinnamon Toast Cereal 100% Orange Juice Milk	5/6 Banana Muffin 100% Apple Juice Milk	5/7 Mini French Toast 100% Fruit Juice Milk	5/8 Strawberry Yogurt Graham Cracker 100% Orange Juice Milk	5/9 Chocolate Chip Mini Loaf 100% Apple Juice Milk
5/12 Trix Cereal 100% Orange Juice Milk	5/13 Blueberry Muffin 100% Apple Juice Milk	5/14 Maple Mini Pancake 100% Fruit Juice Milk	5/15 Strawberry Yogurt Graham Crackers 100% Orange Juice Milk	5/16 Chocolate Chip Muffin 100% Apple Juice Milk
5/19 Cinnamon Toast Cereal 100% Orange Juice Milk	5/20 Chocolate Chip Muffin 100% Apple Juice Milk	5/21 Warm Apple Strudel 100% Fruit Juice Milk	5/22 Strawberry Yogurt Graham Crackers 100% Orange Juice Milk	5/23 School Closed
5/26 Memorial Day! School Closed	5/27 School Closed	5/28 Trix Cereal 100% Orange Juice Milk	5/29 Strawberry Yogurt Graham Cracker 100% Orange Juice Milk	5/30 Chocolate Chip Muffin 100% Apple Juice Milk
6/2 Cinnamon Toast Cereal 100% Orange Juice Milk	6/3 Chocolate Chip Mini Loaf 100% Apple Juice Milk	6/4 Mini French Toast 100% Fruit Juice Milk	6/5 Strawberry Yogurt Graham Cracker 100% Orange Juice Milk	6/6 Trix Cereal 100% Apple Juice Milk

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 canteloupe 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.