


#### MONDAY



**So Happy**  
Sodexo's menu app with nutrition and allergen information!

#### TUESDAY



Scan to download the So Happy app from the App Store.

#### WEDNESDAY

**1**

Macaroni & Cheese w/Breadstick  
Green Beans  
Spinach Tossed Salad  
Sweet Peaches  
Milk

#### THURSDAY

**2**

Ham & Cheese Deli Waveable!  
Celery Sticks  
Spinach Tossed Salad  
Tangerine  
Milk

#### FRIDAY

**3**

French Bread Pizza  
Potato Wedge Fries  
Spinach Tossed Salad  
Pineapple Tidbits  
Milk

Celebrate SCHOOL LUNCH HERO Day with us May 3rd and receive a sticker!

**6**

French Toast Sticks w/Sausage  
Sweet Potato Fries  
Garden Tossed Salad  
Diced Pears  
Milk

**7**

Chicken Nuggets w/Dinner Roll  
Tater Tots  
Garden Tossed Salad  
Apple Slices  
Milk

**8**

Mozzarella Stick w/Marinara  
Broccoli Dippers  
Garden Tossed Salad  
Sweet Peaches  
Milk

**9**

Roasted Turkey w/Gravy  
Garden Tossed Salad  
Banana  
Milk

**10**

Cheese Pizza  
\*Jersey Cucumber Slices  
Garden Tossed Salad  
Sweet Applesauce  
Milk

**13**

Grilled Cheese  
Steamed Carrot Coins  
Spinach Tossed Salad  
Diced Pears  
Milk

**14**

Crispy Chicken Bowl  
Mashed Potatoes & Golden Corn  
Spinach Tossed Salad  
Fresh Apple  
Milk

**15**

Butter Pasta & Meatballs w/Dinner Roll  
Sauteed Spinach  
Spinach Tossed Salad  
Sweet Peaches  
Milk

**16**

Turkey & Cheese Deli Waveable!  
Celery Sticks  
Spinach Tossed Salad  
Tangerine  
Milk

**17**

French Bread Pizza  
\*Jersey Cucumber Slices  
Spinach Tossed Salad  
Pineapple Tidbits  
Milk

All lunches served with choice of milk: 1%, Fat Free and Fat Free Chocolate Milk.

**20**

Fluffy Pancakes w/Turkey Sausage  
Sweet Potatoes  
Garden Tossed Salad  
Diced Pears  
Milk

**21**

Chicken Tenders w/Breadstick  
Seasoned Beans  
Garden Tossed Salad  
Apple Slices  
Milk

**22**

Hamburger on a Bun  
Steamed Broccoli  
Garden Tossed Salad  
Sweet Peaches  
Milk

**23**

Cheese Pizza  
\*Jersey Cucumber Coins  
Garden Tossed Salad  
Banana  
Milk

**24**

Memorial Day Weekend!  
School Closed

Menu Subject to Change

**27**

Memorial Day Weekend!  
School Closed

**28**

Popcorn Chicken w/Dinner Roll  
Baked French Fries  
Spinach Tossed Salad  
Fresh Apple  
Milk

**29**

Chicken Patty Sandwich  
Sweet Potato Bites  
Spinach Tossed Salad  
Sweet Peaches  
Milk

**30**

Nachos Supreme w/Meat, Cheese & Salsa  
Vegetarian Refried Beans  
Spinach Tossed Salad  
Banana  
Milk

**31**

French Bread Pizza  
Celery  
Spinach Tossed Salad  
Pineapple Tidbits  
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.

[www.liftoffplayground.com](http://www.liftoffplayground.com)

### BREAKFAST MENU

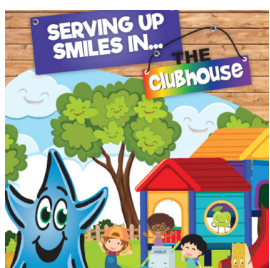
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Bagel w/Cream Cheese <b>OR</b> Cereal <b>Served with</b> Graham Crackers Fresh Fruit	2 Mini Berry French Toast <b>OR</b> Cereal <b>Served with</b> Graham Crackers Fresh Fruit	3 Blueberry Muffin <b>OR</b> Cereal <b>Served with</b> Graham Crackers Fresh Fruit 100% Fruit Juice
6 NutriGrain Bar <b>OR</b> Cereal <b>Served with</b> Graham Crackers Fresh Fruit 100% Fruit Juice	7 Banana Muffin <b>OR</b> Cereal <b>Served with</b> Graham Crackers Fresh Fruit 100% Fruit Juice	8 Mini Waffles <b>OR</b> Cereal <b>Served with</b> Graham Crackers Fresh Fruit 100% Fruit Juice	9 Yogurt <b>OR</b> Cereal <b>Served with</b> Graham Crackers Fresh Fruit 100% Fruit Juice	10 Mini French Toast <b>OR</b> Cereal <b>Served with</b> Graham Crackers Fresh Fruit 100% Fruit Juice
13 Pop Tarts <b>OR</b> Cereal <b>Served with</b> Graham Crackers Fresh Fruit 100% Fruit Juice	14 Mini Pancakes <b>OR</b> Cereal <b>Served with</b> Graham Crackers Fresh Fruit 100% Fruit Juice	15 Cinna Crunchmania <b>OR</b> Cereal <b>Served with</b> Graham Crackers Fresh Fruit 100% Fruit Juice	16 Yogurt <b>OR</b> Cereal <b>Served with</b> Graham Crackers Fresh Fruit 100% Fruit Juice	17 Blueberry Muffin <b>OR</b> Cereal <b>Served with</b> Graham Crackers Fresh Fruit 100% Fruit Juice
20 Choc Chip Oat Bar <b>OR</b> Cereal <b>Served with</b> Graham Crackers Fresh Fruit 100% Fruit Juice	21 Banana Muffin <b>OR</b> Cereal <b>Served with</b> Graham Crackers Fresh Fruit 100% Fruit Juice	22 Bagel w/ Cream Cheese <b>OR</b> Cereal <b>Served with</b> Graham Crackers Fresh Fruit	23 Choc Crescent <b>OR</b> Cereal <b>Served with</b> Graham Crackers Fresh Fruit 100% Fruit Juice	24 School Closed
27 School Closed	28 Mini Pancakes <b>OR</b> Cereal <b>Served with</b> Graham Crackers Fresh Fruit 100% Fruit Juice	29 Fruit Loops Pouch <b>OR</b> Cereal <b>Served with</b> Graham Crackers Fresh Fruit 100% Fruit Juice	30 Cherry Frudel <b>OR</b> Cereal <b>Served with</b> Graham Crackers Fresh Fruit 100% Fruit Juice	31 Mini French Toast <b>OR</b> Cereal <b>Served with</b> Graham Crackers Fresh Fruit 100% Fruit Juice

### Fresh Pick Recipe

#### STRAWBERRY SALSA WITH BAKED CORN CHIPS

- ¼ c Red onion (small dice)
- 1 Jalapeno pepper (minced)
- 1 Yellow bell pepper (medium dice)
- 1 Green pepper (medium dice)
- 1/2 Cucumber (medium dice)
- 1 Pint Strawberries (large dice)
- 1/2 c Pineapple (medium dice)
- 1/2 c Cilantro leaves
- 1/2 c Orange juice
- 2 T Lime juice
- 2 T Extra virgin olive oil
- Salt and pepper to taste
- Baked tortilla chips/scoops

1. Prepare all ingredients as directed.
2. In medium bowl mix all of the ingredients except for the chips.
3. Serve the salsa with the chips on the side.



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.