


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
Sweet Peaches
Milk

THURSDAY

2
Ham & Cheese Deli Waveable!
Celery Sticks
Tangerine
Milk

FRIDAY

3
French Bread Pizza
Potato Wedge Fries
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
Diced Pears
Milk

7
Chicken Nuggets w/Dinner Roll
Tater Tots
Apple Slices
Milk

8
Mozzarella Stick w/Marinara
Broccoli Dippers
Sweet Peaches
Milk

9
Roasted Turkey w/Gravy
Diced Potatoes & Peas
Banana
Milk

10
Cheese Pizza
*Jersey Cucumber Slices
Sweet Applesauce
Milk

13
Grilled Cheese
Steamed Carrot Coins
Diced Pears
Milk

14
Crispy Chicken Bowl
Mashed Potatoes & Golden Corn
Fresh Apple
Milk

15
Butter Pasta & Meatballs w/Dinner Roll
Sauteed Spinach
Sweet Peaches
Milk

16
Turkey & Cheese Deli Waveable!
Celery Sticks
Tangerine
Milk

17
French Bread Pizza
*Jersey Cucumber Slices
Pineapple Tidbits
Milk

All lunches served with choice of milk: 1%, Fat Free and 100% Fruit Juice

20
Fluffy Pancakes w/Turkey Sausage
Sweet Potatoes
Diced Pears
Milk

21
Chicken Tenders w/Breadstick
Seasoned Beans
Apple Slices
Milk

22
Hamburger on a Bun
Steamed Broccoli
Sweet Peaches
Milk

23
Cheese Pizza
*Jersey Cucumber Coins
Banana
Milk

24
Memorial Day Weekend!
School Closed

Menu Subject to Change

27
Memorial Day Weekend!
School Closed

28
Popcorn Chicken w/Roll
Baked French Fries
Fresh Apple
Milk

29
Chicken Patty Sandwich
Sweet Potato Bites
Sweet Peaches
Milk

30
Nachos Supreme w/Meat, Cheese & Salsa
Vegetarian Refried Beans
Banana
Milk

31
French Bread Pizza
Celery
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.liftoffsplyground.com

BREAKFAST MENU

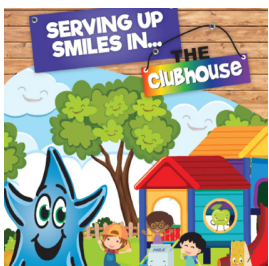
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Cinnamon Toast Cereal Pineapple Juice Milk	2 Yogurt Graham Crackers Orange Juice Milk	3 Blueberry Muffin Apple Juice Milk
6 Mini Waffles Fruit Punch Milk	7 Banana Muffin Grape Juice Milk	8 Cinnamon Cream Cheese Bagels Pineapple Juice Milk	9 Yogurt Graham Crackers Orange Juice Milk	10 Mini French Toast Apple Juice Milk
13 Multigrain Cheerios Fruit Punch Milk	14 Mini Pancakes Grape Juice Milk	15 Cinnamon Toast Cereal Pineapple Juice Milk	16 Yogurt Graham Crackers Orange Juice Milk	17 Blueberry Muffin Apple Juice Milk
20 Mini Waffles Fruit Punch Milk	21 Banana Muffin Grape Juice Milk	22 Bagel with Cream Cheese Pineapple Juice Milk	23 Yogurt Graham Crackers Orange Juice Milk	24 School Closed
27 School Closed	28 Mini Pancakes Grape Juice Milk	29 Cinnamon Toast Cereal Pineapple Juice Milk	30 Yogurt Graham Crackers Orange Juice Milk	31 Blueberry Muffin Apple Juice Milk

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.