

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

Breakfast:
French Toast Sticks (v)

Lunch:
Turkey Tot'Chos with WG Rolls
Oven Baked Hamburger or Cheeseburger
Veggie Burger (v)

2

Breakfast:
Blueberry Oatmeal with Toast (v)

Lunch:
National Taco Day: Chicken Soft Taco
Sunbutter & Jelly Sandwich (v)
Chef Salad with WG Rolls

3

Breakfast:
Breakfast Bowl with Toast

Lunch:
Home Run Hot Dog
Ham & Cheese Deli Sandwich
Berry & Yogurt Parfait w/ Graham Cracker Topping(v)

4

Breakfast:
House Made Breakfast Burrito

Lunch:
Italian Spaghetti with Meat Sauce
Crispy Chicken Burger
Turkey & Cheese Deli Sandwich



Breakfast Includes: Choice of entrée listed or selection of cereal with toast or cheese stick, choice of fruit, and milk.

8

Breakfast:
Strawberry Cream Cheese Mini Bagels (v)

Lunch:
Teriyaki Chicken and Rice Bowl
Bean & Cheese Burrito (v)
Italian style Deli Sandwich

9

Breakfast:
Pancake Sausage on a Stick

Lunch:
Grilled Ham & Cheese on WG
Crispy Chicken Burger
Spinach Salad w/ WG Rolls

10

Breakfast:
Egg & Cheese Breakfast Sandwich (v)

Lunch:
Bean and Cheese Nachos (v)
Buffalo Chicken Wrap
Oven Baked Hamburger
or Cheeseburger w/ Baked Beans
Offering Bar Topping: Cowboy Salsa

11

Breakfast:
Pancakes with Syrup (v)

Lunch:
Italian Baked Penne Pasta (v)
Golden Chicken Nuggets with WG Roll
American Style Deli Sandwich

12

Breakfast:
Freshly Baked Blueberry Muffin (v)

Lunch:
House Made Cheese Pizza (v)
House Made Pepperoni Pizza
Sunbutter and Jelly Sandwich (v)

Lunch Includes: Choice of entrée listed, variety of fruits and vegetables, and milk.

15

Breakfast:
Egg & Cheese Quesadilla (v)

Lunch:
Cheesy Breadsticks with Marinara (v)
Crispy BBQ Chicken Sandwich

16

Breakfast:
Poppin' Pancake Bites with Cinnamon & Sugar w/ Orange Juice (v)

Lunch:
Mini Cheese Ravioli with WG Roll (v)
Oven Baked Hamburger or Cheeseburger
Veggie Burger (v)

17

Breakfast:
Sausage & Cheese Breakfast Biscuit

Lunch:
Orange Chicken Rice Bowl
Golden Baked Corn Dog
Sunbutter & Jelly Sandwich (v)

18

Breakfast:
Apple Frudel (v)

Lunch:
Creamy Macaroni and Cheese (v)
Crispy Chicken Burger
Peaches & Cream Yogurt Parfait with Graham Cracker Topping(v)

19

Breakfast:
Golden French Toast

Lunch:
House Made Pepperoni Pizza
House Made Cheese Pizza
Chef Salad with WG Roll

Ham, sausage, hot dogs, and pepperoni are "Turkey" based products and **DO NOT** contain pork!

22

Breakfast:
Waffles with Strawberries (v)

Lunch:
Meatball Marinara Sub
Golden Chicken Nuggets with WG Roll
Hummus Snack Power Pack (v)

23

Breakfast:
Turkey Sausage Breakfast Pizza

Lunch:
Taco Tuesday: Turkey Soft Taco Italian Sub
Berry & Yogurt Parfait w/ Graham Cracker Topping (v)

24

Breakfast:
Cheesy Omelet with Toast

Lunch:
Teriyaki Chicken & Rice Bowl
Turkey Taco Salad with WG Tortilla Chips
Sunbutter & Jelly Sandwich (v)

25

Breakfast:
Freshly Baked Fruit Muffin (v)

Lunch:
Cheesy Breadsticks with Marinara (v)
Fish Sticks w/ Scratch Made Tarter Sauce & Tater Tots

26

Breakfast:
Glazed WG Cinnamon Roll (v)

Lunch:
House Made Cheese Pizza (v)
House Made Pepperoni Pizza
Scratch Made Sloppy Joe

All menu items are subject to availability



30

Breakfast:
Maple Mini Waffles (v)

Lunch:
House Made Chicken Alfredo Pasta
Oven Baked Hamburger or Cheeseburger
Veggie Burger (v)

Side Veggie: French Fries

31

Breakfast:
Ham, Egg, & Cheese Breakfast Sandwich

Lunch:
Scratch Made Chicken Posole with WG Tortilla Chips
Bean & Cheese Enchiladas (v)
Turkey & Cheese Deli Sandwich



For more detailed nutritional information please go to -- <https://salemkeizersd.sodexomyway.com>

This institution is an equal opportunity provider.

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.

liftoffsplayground.com

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/>.

Fresh Pick Recipe

CORN AND AVOCADO SALSA

- 1/2 cup sweet onion
- 1 jalapeño pepper, minced
- 1 yellow bell pepper, medium dice
- 1 green bell pepper, medium dice
- 1/2 cucumber, medium dice
- 2 cups corn
- 2/3 avocados, large dice
- 1/2 cup orange juice
- 2 tablespoons lime juice
- 2 tablespoons extra virgin olive oil
- salt and pepper to taste
- baked corn chips

1. Prepare all ingredients as directed.
2. Mix the orange and lime juices with the olive oil in small bowl.
3. Place remaining ingredients in medium bowl and mix with the dressing.
4. Serve with baked chips.



SCHOOL MEAL PRICES:

All Students Meals are free for the 2022/2023 school year.

***(NO adult meals are available for purchase at this time)**

Nutrition Information is available upon request.