

May 2024  
ECE Breakfast Menu



Monday

Tuesday

Wednesday

Thursday

Friday

- 6**
- Cheesy Eggs w/ Toast **V**
  - Diced Pears

- 7**
- Tropical Mango Oatmeal Round **V**
  - Strawberries

- 8**
- Strawberry yogurt w/ Graham Crackers **V**
  - Orange Wedges

- 9**
- French Toast Sticks **VE**
  - Baked Cinnamon Apples

- 10**
- Apple Cinnamon Muffin w/ String Cheese **V**
  - Banana

- 13**
- Bagel w/ Cream Cheese **V**
  - Tropical Fruit Salad

- 14**
- Vanilla Yogurt w/ Graham Crackers **V**
  - Fresh Tangerine

- 15**
- Cinnamon Frech Toast Bites **V**
  - Watermelon

- 16**
- French Toast Sticks **VE**
  - Fresh Apple Slices

- 17**
- Egg and Potato Breakfast Burrito **V**
  - Fresh Banana

- 20**
- Vanilla Yogurt w/ Graham Crackers **V**
  - Wild Blueberries

- 21**
- Sunrise Oatmeal Round
  - Orange Wedges

- 22**
- Breakfast Bagel Sandwich **V**
  - Diced Cantaloupe

- 23**
- Blueberry Muffin w/ String Cheese **V**
  - Banana

- 24**
- Peach Breakfast Square **V**
  - Strawberries

**27**

**NO SCHOOL**

- 28**
- Scrambled Eggs w/ Toast **V**
  - Pineapple Tidbits

- 29**
- Tropical Oatmeal Round **V**
  - Banana

- 30**
- Bagel w/ Cream Cheese **V**
  - Orange Wedges

- 31**
- Vanilla Yogurt Cup w/ Graham Crackers **V**
  - Fresh Tangerine

For an interactive menu a nutrient information, please visit us on [dcps.sodexomyway.com](http://dcps.sodexomyway.com)

**Offered Daily:**  
Skim or 1% Milk

Assorted Cereals:  
Cheerios, Rice Chex, Cinnamon Chex

**VE – Vegan**  
**V- Vegetarian**  
**Local**

**All Grains are whole grain rich**

May 2024  
ECE Lunch



Monday

Tuesday

Wednesday

Thursday

Friday

- 6**
- Chicken Parmesan
  - Cheese Pizza **V**
  - Roasted Cauliflower
  - Orange Smiles

- 7**
- Taco Quesadilla
  - Cheese Quesadilla **V**
  - Roasted Broccoli
  - Diced Pears

- 8**
- Bean and Cheese Nachos
  - Turkey w/ Gravy & Dinner Roll
  - Blueberries
  - Red Bell Pepper Strips

- 9**
- Fiesta Potato Breakfast Bowl **V** w/ Biscuit
  - Tuna Salad Sandwich
  - Seasoned Carrot Coins
  - Mandarin Oranges

- 10**
- Cheese Lasagna Rollup
  - Mac and Cheese **V**
  - Garlic Knot
  - Green Peas
  - Sliced Fresh Apples

- 13**
- Veggie Burger **V**
  - Deli Bento Box
  - Burger Toppings
  - Sweet Potato Fries
  - Sliced Fresh Apples

- 14**
- Spaghetti & Meat Sauce
  - Grilled Cheese Sandwich **V**
  - Parmesan Green Beans
  - Orange Smiles

- 15**
- Deluxe Cheeseburger
  - Bean and Cheese Burrito
  - Baked Plantains
  - Wild Blueberries
  - Burger Toppings

- 16**
- Pasta w/ Rainbow Marinara
  - Sunbutter and Jelly Sandwich **VE**
  - Banana
  - Citrus Glazed Carrots

- 17**
- Turkey and Cheese Sandwich
  - Cheese Pizza **V**
  - Roasted Broccoli and Red Peppers
  - Applesauce

- 20**
- Beef Enchillada
  - Mozzarella Stuffed Breadsticks **V**
  - Diced Pears
  - Refried Beans **V**

- 21**
- Crispy Chicken Nuggets
  - Macaroni and Cheese **V**
  - Citrus Glazed Carrots
  - Sliced Fresh Apples

- 22**
- French Toast w/ Sausage Patty
  - Baked Tofu Lo Mein **V**
  - Roasted Potatoes
  - Mandarin Oranges

- 23**
- Chicken Caesar Wrap
  - Plant Based Sloppy Joe Sandwich **V**
  - Roasted Green Beans
  - Orange Smiles

- 24**
- Tuna Salad Sandwich
  - Cheese Quesadilla **V**
  - Roasted Broccoli
  - Banana

**27**  
**NO SCHOOL**

- 28**
- Bakes Penne Pasta
  - Tuna Salad Sandwich
  - Sliced Fresh Apples
  - Mixed Garden Vegetables

- 29**
- Grilled Chicken Sandwich
  - Tofu Fried Rice **V**
  - Roasted Broccoli and Red Peppers
  - Orange Slices

- 30**
- Popcorn Chicken Bowl
  - Sunbutter & Jelly Sandwich **VE**
  - Roasted Cauliflower
  - Banana

- 31**
- Beef Enchilada
  - Cheese Pizza **V**
  - Roasted Corn
  - Cantaloupe

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**Students choice:**  
Skim or 1% hormone free milk and salad bar w/ assorted fruits and vegetables offered at every meal

**VE – Vegan**  
**V- Vegetarian**  
**Local**

All Grains are whole grain rich

## Nutrition & 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.

A balanced and healthy diet should include:

- **Fruits and vegetables:** Combined, these should cover half your plate at meals, packed with vitamins & minerals.
- **Grains:** At least half of the grains you eat should be whole grains, such as oatmeal, whole wheat bread and brown rice. These should take up about a quarter of your plate.
- **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. Make a goal of including 8 oz of seafood, a protein powerhouse, per week. These should take up at least a quarter of your plate.
- **Healthy Fats:** These include things like avocado, olive oil or nuts. All great for your heart and body! Use as a garnish with vegetables to enhance the absorption of fat soluble vitamins A, D, E & K.

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. If you have issues with cavities, things like sugar sweetened beverages and juice can more easily get to tough to reach places like between your teeth. 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, floss daily, and be sure to see a dentist every six months.

## Super Bite of the Month Recipe: Pineapple Salsa (Serves 6)

### Salsa

- 2 ½ cups pineapple tidbits (drained)
  - ½ cup green bell peppers (chopped)
  - ¼ cup red onion (chopped)
  - ½ cup cilantro (chopped)
  - ½ cup jalapeno pepper (drained & chopped)
1. Drain pineapple
  2. Dice green pepper & onion
  3. Wash cilantro & pat dry. Pull leaves off stem & roughly chop
  4. Drain & chop jalapenos
  5. Whisk together brown sugar, lime juice, & pepper
  6. Combine pineapple, onion, pepper, cilantro, & jalapeno with lime dressing in serving container. Mix well
  7. Refrigerate for 30 minutes prior to serving with tortilla chips or on top of your favorite tacos

### Lime Dressing

- 1 Tablespoon brown sugar
- 1/8 cup unsweetened lime juice
- 1/8 teaspoon black pepper

Want to keep up with us and receive more nutrition tips?

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