

May 2024 Breakfast Menu



Monday

Tuesday

Wednesday

Thursday

Friday

6

- Cheesy Eggs w/ Toast **V**
- Apple Cinnamon Muffin w/ String Cheese **V**
- Fresh Apple
- Diced Pears

7

- Hard Boiled Egg Breakfast Box **V**
- Tropical Mango Oatmeal Round **V**
- Banana Muffin w/ String Cheese **V**
- Strawberries
- Fresh Tangerine

8

- Breakfast Biscuit Sandwich
- Strawberry yogurt w/ Graham Crackers **V**
- Blueberry Muffin w/ String Cheese
- Orange Wedges
- Apple Juice

9

- French Toast Sticks **VE**
- Bagel w/ Cream Cheese **V**
- Cantaloupe
- Baked Cinnamon Apples

10

- Cheddar Cheese Omelet **V**
- Peach Breakfast Square **V**
- Apple Muffin w/ String Cheese **V**
- Wild Blueberries
- Banana

13

- Breakfast Sausage and Pancake on a Stick
- Bagel w/ Cream Cheese **V**
- Apple Cinnamon Muffin String Cheese
- Orange Wedges
- Wild Blueberries

14

- Egg & Cheese Flatbread Sandwich **V**
- Vanilla Yogurt w/ Graham Crackers **V**
- Banana Muffin w/ String Cheese **V**
- Fresh Apple
- Fresh Tangerine

15

- Scrambled w/ Whole Grain Biscuit **V**
- Cinnamon French Toast Bites **V**
- Blueberry Muffin **V**
- Orange Wedges
- Watermelon

16

- French Toast Sticks **VE**
- Blueberry Patch Parfait w/ Graham Crackers **V**
- Apple Cinnamon Muffin w/ String Cheese **V**
- Grape Juice
- Fresh Apple Slices

17

- Egg and Potato Breakfast Burrito **V**
- Maple Snack N Waffles
- Blueberry Muffin
- String Cheese **V**
- Applesauce
- Fresh Banana

20

- Breakfast Potato Bowl **V**
- Vanilla Yogurt w/ Graham Crackers **V**
- Blueberry Muffin w/ String Cheese **V**
- Fresh Tangerine
- Wild Blueberries

21

- French Toast Sticks **VE**
- Sunrise Cran-Orange Oatmeal Round **V**
- Apple Cinnamon Muffin w/ String Cheese
- Baked Cinnamon Apples
- Orange Wedges

22

- Breakfast Bagel Sandwich
- Blueberry Waffle
- Banana Muffin w/ String Cheese **V**
- Diced Cantaloupe
- Orange Wedges

23

- Breakfast Sausage and Pancake on a Stick
- Blueberry Muffin w/ String Cheese **V**
- Banana
- Apple Juice

24

- Peach Breakfast Square **V**
- Strawberry Yogurt w/ Graham Crackers **V**
- Apple Cinnamon Muffin w/ String Cheese **V**
- Grapes
- Strawberries

27

NO SCHOOL

28

- Maple Snack N Waffles **V**
- Scrambled Eggs w/ Toast **V**
- Blueberry Muffin w/ String Cheese **V**
- Apple Juice
- Pineapple Tidbits

29

- Biscuit & Country Gravy
- Tropical Oatmeal Round **V**
- Apple Muffin w/ String Cheese **V**
- Banana
- Wild Blueberries

30

- Cheddar Cheese Omelet **V**
- Bagel w/ Cream Cheese **V**
- Banana Muffin w/ String Cheese **V**
- Orange Wedges
- Pineapple Tidbits

31

- Sausage Breakfast Sandwich
- Vanilla Yogurt Cup w/ Graham Crackers **V**
- Blueberry Muffin w/ String Cheese **V**
- Grapes
- Fresh Tangerine

For an interactive menu a nutrient information, please visit us on 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
Elementary & K-8 Lunch



Monday

Tuesday

Wednesday

Thursday

Friday

- 6**
- Chicken Parmesan w/ Spaghetti and Tomato Sauce
 - Cheese Pizza **V**
 - Chicken Caesar
 - Wrap
 - Roasted Cauliflower
 - Garden Salad

- 7**
- Taco Quesadilla
 - Cheese Quesadilla **V**
 - Tuna Salad
 - Sandwich
 - Parmesan Green Beans
 - Mexican Black Beans

- 8**
- Roast Turkey w Gravy
 - Dinner Roll
 - Bean and Cheese Nachos
 - Crispy Chicken Salad
 - Mashed Potatoes
 - Mexican Corn

- 9**
- Spicy Chicken Sandwich
 - Fiesta Potato Breakfast Bowl **V** w/ Biscuit
 - Hummus Box **V**
 - Seasoned Carrot Coins
 - Sweet Potato Fries

- 10**
- BBQ Mac and Cheese w/ Garlic Knot
 - Cheese Lasagna Rollup
 - Garlic Knot
 - Ham and Cheese Deli Sandwich
 - Aztec Corn
 - Ceasar Side Salad

- 13**
- Butter Chicken w/ Brown Rice
 - Veggie Burger **V**
 - Deli Bento Box
 - Seasoned Potato Wedges
 - Garden Salad
 - Burger Toppings

- 14**
- Spaghetti w/ Panko Bread Crumbs and Beef Marinara
 - Garlic Knot
 - Toasted Cheese Sandwich **V**
 - Chef Salad w/ Hardboiled Egg
 - Sweet Potato Fries
 - Parmesan Green Beans

- 15**
- Deluxe Cheeseburger
 - Bean and Cheese Burrito **V**
 - Chicken Ceasar Salad
 - Breadstick
 - Baked Plantains
 - Roasted Broccoli and Carrots
 - Burger Toppings

- 16**
- Breaded Chicken Drumstick w/ Mac and Cheese
 - Pasta w/ Rainbow Marinara
 - Garlic Knot
 - Sunbutter and Jelly Sandwich **VE**
 - Caesar Side Salad
 - Collard Greens

- 17**
- BBQ Chicken Sandwich
 - Cheese Pizza **V**
 - Turkey and Cheese Sandwich
 - Mexican Roasted Corn
 - Broccoli and Red Peppers

- 20**
- Beef Soft Tacos
 - Mozzarella Stuffed Breadsticks w/ Marinara Sauce
 - Strawberry Banana Parfait
 - Garden Side Salad **V**
 - Refried Beans **V**

- 21**
- Crispy Chicken Nuggets
 - Breadstick
 - Pasta w/ Rainbow Marinara
 - Breadstick
 - Flatbread Pizza
 - Bento Box
 - Glazed Carrots
 - Green Peas

- 22**
- Fiesta Salad
 - Breadstick
 - Vegetable Lo Mein w/ Tofu **V**
 - French Toast Sticks w/ Sausage Patty
 - Fiesta Potatoes
 - Roasted Peppers and Onions

- 23**
- Breaded Drumstick
 - Dinner Roll
 - Plant Based Sloppy Joe Sandwich **V**
 - Chicken Caesar Wrap
 - Baby Carrots w/ Ranch
 - Roasted Green Beans

- 24**
- Cheese Quesadilla **V**
 - Jollof Rice
 - Fajita Chicken Strips
 - Oven Fired Flatbread
 - Tuna Salad
 - Sandwich **V**
 - Roasted Broccoli
 - Refried Green Beans **V**

27
NO SCHOOL

- 28**
- Spaghetti and Turkey Marinara
 - Bakes Penne
 - Breadstick
 - Hummus Box **V**
 - Parmesan Green Beans
 - Tater Tots

- 29**
- Tofu Fried Rice **V**
 - Ham and Cheese Sandwich
 - Grilled Chicken Sandwich
 - Roasted Broccoli and Carrots
 - Green Peas

- 30**
- Turkey Hot Dog
 - Lentil Dal
 - Brown Rice
 - Pizza Bento Box
 - Roasted Cauliflower
 - Oven Baked Fries

- 31**
- Beef Enchilada
 - Cheese Pizza
 - Chicken Ceasar Salad
 - Breadstick
 - Ceasar Side Salad
 - Mexican Black Beans

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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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