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<tr>
<th>MONDAY</th>
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<th>WEDNESDAY</th>
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</table>
| *Hamburger/Cheeseburger  
*Corn Dog  
Fries  
Fruit  
Milk | *Soft Taco  
*Chef Salad/Crackers  
Vegetable  
Fries  
Milk | *Popcorn Chicken  
Potato Bowl  
*Hot Dog/Chips  
Vegetable  
Fruit  
Milk | *Chicken Patty Sandwich  
*Turkey Cheese Sandwich  
Vegetable  
Fruit  
Milk | *Pepperoni Pizza  
*Grilled Cheese Sandwich  
Vegetable  
Fruit  
Milk |
| 8              | 9                | 10                | 11                | 12              |
| *Salisbury Steak, Potatoes,  
Gravy, Roll  
*Turkey & Cheese Sandwich  
Vegetable  
Fruit  
Milk | *Sausage, Egg & Cheese Biscuit  
*Chef Salad  
Fries  
Fruit  
Milk | *Beefy Nachos  
*Bean Burrito  
Vegetable  
Fruit  
Milk | *Chicken Nuggets  
*All American Sandwich  
Chips  
Vegetable  
Fruit  
Milk | *Cheese Pizza  
*Grilled Cheese Sandwich  
Vegetable  
Fruit  
Milk |
| 15             | 16               | 17                | 18                | 19              |
| *Italian Dunkers  
*Ham Sandwich  
Vegetable  
Fruit  
Milk | *Hamburger/Cheeseburger  
*Hot Dog  
Fries  
Fruit  
Milk | *Corn Dog  
*PB&J  
Chips  
Vegetable  
Fruit  
Milk | *Chicken Patty Sandwich  
*Grilled Cheese Sandwich  
Vegetable  
Fruit  
Milk | *Pepperoni Pizza  
*Turkey & Cheese Sandwich  
Vegetable  
Fruit  
Milk |
| 22             | 23               | 24                | 25                | 26              |
| *Chicken Nuggets  
*Chef Salad  
Vegetable  
Fruit  
Milk | *Managers Choice  
*Managers Choice  
*Managers Choice  
*Managers Choice | *Managers Choice  
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*Managers Choice  
*Managers Choice | *Sack Lunches  
LAST DAY OF SCHOOL | 26 |

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.

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**BREAKFAST MENU**

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<tr>
<td>*Bagler</td>
<td>*Sausage &amp; Egg Biscuit</td>
<td>*Oatmeal Bar</td>
<td>*Sausage &amp; Egg Burrito</td>
<td>*Cinnamon Roll</td>
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<td>*Pancake on Stick</td>
<td>*Yogurt &amp; Grahams</td>
<td>*Waffles</td>
<td>*Breakfast Bowl</td>
<td>*Muffin &amp; String Cheese</td>
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<td>*Egg &amp; Cheese Quesadilla</td>
<td>*Bagler</td>
<td>*Oatmeal Bar</td>
<td>*Muffin &amp; String Cheese</td>
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**Fresh Pick Recipe**

WATERMELON SALSA

- 2 c Watermelon (medium dice)
- 1 c Cucumber (medium dice)
- ¾ c Pineapple (medium dice)
- ¼ c Onion (small dice)
- 1 Jalapeno pepper (minced)
- 2 T Lime Juice
- 1 T Orange juice
- 1 T Honey
- Salt and pepper to taste

1. Prepare all ingredients as directed.
2. In medium bowl mix all ingredients together.
3. This dish can be served with baked corn chips or grilled meats.

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**MEAL PRICES FOR MAY**

20 DAYS

MONTH TOTALS

Full Pay Breakfast $26.00  Reduced Pay Breakfast $6.00
Full Pay Lunch $38.00  Reduced Pay Lunch $8.00

Nutrition Information is available upon request.