

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 after eating any kind of food that you brush your teeth. At a minimum you should brush your teeth morning and night and be sure to see a dentist every 6 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.

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BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DAILY CHOICES ALSO INCLUDE FRESH & CANNED FRUITS, A VARIETY OF LOWFAT MILK & 100% JUICE	MENU IS SUBJECT TO CHANGE	BREAKFAST AVAILABLE ONLY AT PARTICIPATING SCHOOLS		FEB 1 1. Bacon, Egg & Cheese Sandwich 2. Cinnamon Rolls 3. Cereal w/Cheese Stick
FEB 4 1. Breakfast Pizza 2. Mini Pancakes 3. Cereal w/Cheese Stick	FEB 5 1. Egg & Cheese Sandwich 2. Mini Donuts 3. Cereal w/Cheese Stick	FEB 6 1. Pancake Sausage Wrap 2. French Toast Sticks w/Syrup 3. Cereal w/Cheese Stick	FEB 7 1. Fruit & Yogurt Parfait w/Granola 2. Sausage Biscuit 3. Cereal w/Cheese Stick	FEB 8 1. Bacon, Egg & Cheese Sandwich 2. Cinnamon Rolls 3. Cereal w/Cheese Stick
FEB 11 1. Breakfast Pizza 2. Filled Crescent 3. Cereal w/Cheese Stick	FEB 12 1. Chicken Biscuit 2. Fruit & Yogurt Parfait 3. Cereal w/Cheese Stick	FEB 13 1. Egg & Cheese Sandwich 2. French Toast Sticks & Syrup 3. Cereal w/Cheese Stick	FEB 14 1. Pancakes Sausage Wrap 2. Mini Donuts 3. Cereal w/Cheese Stick	FEB 15 PROFESSIONAL LEARNING DAY: NO SCHOOL
FEB 18 PRESIDENTS' DAY: NO SCHOOL	FEB 19 1. Breakfast Pizza 2. Mini Pancakes 3. Cereal w/Cheese Stick	FEB 20 1. Pancake Sausage Wrap 2. French Toast Sticks w/Syrup 3. Cereal w/Cheese Stick	FEB 21 1. Fruit & Yogurt Parfait w/Granola 2. Sausage Biscuit 3. Cereal w/Cheese Stick	FEB 22 1. Bacon, Egg & Cheese Sandwich 2. Cinnamon Rolls 3. Cereal w/Cheese Stick
FEB 25 1. Breakfast Pizza 2. Filled Crescent 3. Cereal w/Cheese Stick	FEB 26 1. Chicken Biscuit 2. Fruit & Yogurt Parfait 3. Cereal w/Cheese Stick	FEB 27 1. Egg & Cheese Sandwich 2. French Toast Sticks & Syrup 3. Cereal w/Cheese Stick	FEB 28 1. Pancakes Sausage Wrap 2. Mini Donuts 3. Cereal w/Cheese Stick	

Fresh Pick Recipe

STRAWBERRY BANANA SANDWICHES (SERVES 4)

- 1/4 cup bananas (sliced)
- 1/2 cup strawberries (sliced)
- 4-2.4 oz. slices french toast
- 1/4 cup light cream cheese

1. Slice bananas and strawberries 1/4".

2. To build sandwich:

- Spread 1 Tbsp cream cheese on each slice of frozen French toast.

- Place 1/8 cup sliced banana on top of cream cheese on 1 slice of bread.

- Top banana with 1/4 cup sliced strawberries.

- Close sandwich with 2nd slice of bread.

- Place sandwiches on parchment lined sheet pans.

3. At service, cut sandwiches in half diagonally.

NUTRITION FACTS:
175 calories, 5.59g fat,
280mg sodium, 2.66g fiber

SCHOOL MEAL PRICES 2018-2019

Breakfast Full Pay: \$1.30, Adults: \$2.25 Breakfast Reduced: No Cost Grades PreK-5
Lunch Full Pay: \$2.50, Adults: \$3.55 Lunch Reduced: No Cost Grades PreK-5
No charge for extra fruits & vegetables with the purchase of a meal.

What is a Reimbursable Meal?

Students must select at least 3 of the 5 food groups, 1 of which MUST be a fruit or vegetable.



Scan to download the So Happy app from the App Store



Nutrition Information is available upon request.

