

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.

www.liftoffplayground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
We offer cereal daily with string cheese, graham crackers or sunflower seeds.		We offer fruit, juice, and a variety of milk with your breakfast.		2-1 French Toast Sticks & Sausage Patty Pan Dulce
2-4 French Toast Mini Donuts	2-5 Breakfast Sausage Pizza Benefit Bar	2-6 Pancakes Zucchini, Banana, or Chocolate Bread	2-7 Breakfast Sausage Pizza Cinnamon Bun	2-8 Waffle Sticks & Sausage Patty Pan Dulce
2-11 Bagel & Cream Cheese Mini Donuts	2-12 Breakfast Sausage Pizza Benefit Bar	2-13 Yogurt & Graham Cracker Zucchini, Banana, or Chocolate Bread	2-14 Breakfast Sausage Pizza Cinnamon Bun	2-15 French Toast Sticks & Sausage Patty Pan Dulce
2-18	2-19	2-20	2-21	2-22
2-25 Bagel & Cream Cheese Mini Donuts	2-26 Breakfast Sausage Pizza Benefit Bar	2-27 Yogurt & Graham Crackers Zucchini, Banana, or Chocolate Bread	2-28 Breakfast Sausage Pizza Cinnamon Bun	

Fresh Pick Recipe

LEMONY SMASHED POTATOES

- 12 new potatoes (small)
- 2 tablespoons olive oil
- 1 1/2 tablespoons lemon juice
- 1/4 cup fresh parsley, sliced
- 1 cup nonfat sour cream
- 1 1/2 tablespoon chives, chopped small
- sea salt and pepper

1. Boil potatoes in pan of water until tender and drain.
2. Grease a large baking sheet with 1/2 tablespoon of the olive oil.
3. Place the potatoes on the baking sheet. Smash each potato with your hand until they break slightly open.
4. Mix the remaining oil with the lemon juice. Drizzle mixture over the potatoes. Salt and pepper the potatoes.
5. Bake in 450 degree oven for 25 minutes or until the potatoes are a bit crispy and golden.
6. Remove potatoes from the oven and sprinkle with the parsley.
7. Mix the chives with the sour cream and serve on the side.



.....Monday.....Tuesday.....Wednesday.....Thursday.....Friday.....
...Fresh Fruit.....	...Fresh Fruit.....	...Fresh Fruit.....	...Fresh Fruit.....	...Fresh Fruit.....
...Raisins.....	...Raisins.....	...Raisins.....	...Raisins.....	...Raisins.....
...Mixed Fruit.....	...Applesauce.....	...Diced Peaches.....	...Mixed Fruit.....	...Diced Pears.....
..Garden Salad.....	..Caesar Salad.....	..Garden Salad.....	..Caesar Salad.....	..Garden Salad.....
..Baby Carrots.....	..Baby Carrots.....	..Cucumber Slices.....	..Baby Carrots.....	..Baby Carrots.....
..Green Beans.....	..Black Beans.....	..Cherry Tomatoes.....	..Kidney Beans.....	..Cherry Tomatoes.....
..Celery Sticks.....	..Green Peas.....	..Garbanzo Beans.....	..Corn.....	..Broccoli.....

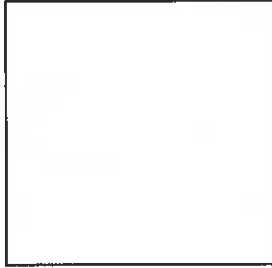
Nutrition Information is available upon request.



MONDAY



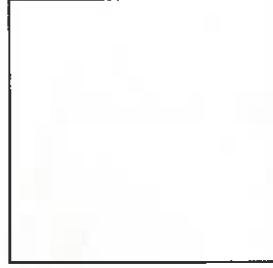
TUESDAY



WEDNESDAY



THURSDAY



FRIDAY

1
Chicken Tenders & Biscuit
Grilled Cheese Sandwich*
Corn Dog
Chef Salad & Breadstick

You must select a half a cup of fruit or vegetable or a combination of both with your meal. You may select more.

4
Hamburger or Cheeseburger
Cheese or Pepperoni
Pizza
Turkey & Cheese Sub
Sandwich
Protein Pack

5
Spaghetti with Meatballs
Chicken Nugget & Biscuit
American Sub Sandwich
Taco Salad
with Tortilla Chips

6
Chicken Drumstick
w/Breadstick
& Potato Wedges
Cheese Quesadilla*
Corn Dog
Chicken Caesar Salad
& Breadstick

7
Nachos
with Beans & Cheese
Cheese* or Pepperoni
Pizza
Sun-Butter & Jelly Sandwich
with String Cheese*
Yogurt, String Cheese
& Soft Baked Pretzel

8
Crispy or Spicy Chicken
Sandwich
Italian Dunkers*
Ham & Cheese Sandwich
Crispy Chicken Salad
with Breadstick

We offer fruits and vegetables daily on our Garden Bar for your selection with your lunch meal.

11
Hot Dog
with Tator Tots
Cheese* or Pepperoni
Pizza
Turkey & Cheese Sub
Sandwich
Protein Pack*

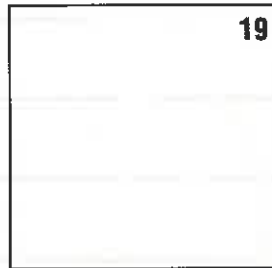
12
Mac & Cheese
with Breadstick
Bean & Cheese Burrito
American Sub Sandwich
Taco Salad
with Tortilla Chips

13
Orange Chicken & Rice
Italian Dunkers*
Ham & Cheese Sandwich
Chicken Caesar Salad & Breadstick

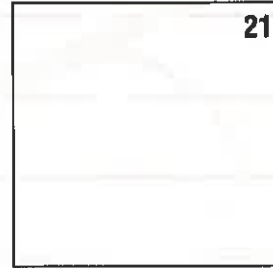
14
Pizza Day!!
Cookie Day!!

15
Mini Cheeseburgers
Grilled Cheese Sandwich*
Corn Dog

We offer non fat white milk and 1% white milk with your meal.



20
President's Recess!!



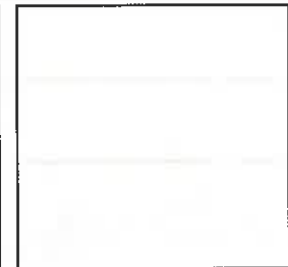
COOKIE DAY IS Friday February 15th

25
Hot Dog
Cheese* or Pepperoni
Pizza
Turkey & Cheese Sub
Sandwich
Protein Pack*

26
Spaghetti with Meatballs
Bean & Cheese Burrito*
American Sub Sandwich
Taco Salad
with Tortilla Chips

27
Orange Chicken & Rice
Italian Dunkers*
Ham & Cheese Sandwich
Chicken Caesar Salad
& Breadstick

28
Enchilada
Cheese* or Pepperoni
Pizza
Sun-Butter & Jelly Sandwich
with String Cheese
Yogurt Parfait* with String Cheese*



Menu is subject to change.