

Food Bytes

Dietary Guidelines

Did you know the Dietary Guidelines for Americans are published every 5 years by the U.S. Department of Health and Human Services and the U.S. Department of Agriculture? Key elements of the current version of the Dietary Guidelines are:

- 1. Follow a healthy eating pattern.** All food and beverage choices matter. Opt for a eating pattern at a calorie level to help you achieve and maintain a healthy body weight, get the nutrients you need, and reduce your risk for obesity, heart disease, diabetes and cancer.
- 2. Focus on variety, nutrient density, and amount.** To meet nutrient needs within calorie limits, eat a variety of nutrient-dense foods across and within all food groups in recommended amounts.
- 3. Limit calories from added sugars and saturated fats.** Reduce sodium (salt).
- 4. Shift to healthier food and beverage choices.** Choose nutrient-dense foods and beverages across and within all food groups in place of less healthy choices.
- 5. Support healthy eating patterns for all.** Everyone has a role in helping to create and support healthy eating patterns from home to school to work to communities.
<http://health.gov/dietaryguidelines>

Lunch Menu for April 2018

Basilica School of Saint Paul

Monday, April 2	Tuesday, April 3	Wednesday, April 4	Thursday, April 5	Friday, April 6
Be On The Lookout For Our Farm To School Events: Farm To School and Fresh From Florida For more information contact Ms. Precious @ (386) 252-7915 ext.331				
Monday, April 9	Tuesday, April 10	Wednesday, April 11	Thursday, April 12	Friday, April 13
Beef Meatball Sub w/ Shredded Cheese Fresh Apple Slices Fresh Orange Slices Fruit Juice	Chicken and Rice Green Beans Apple Juice	Beans & Beef Hotdog Grape Juice Sliced Bread	Spaghetti w. Pasta Sauce Salad Orange Juice	Pepperoni Pizza Banana Sliced Cucumbers w/ Ranch Dressing
Monday, April 16	Tuesday, April 17	Wednesday, April 18	Thursday, April 19	Friday, April 20
Chicken Taco w/ cheese and lettuce Whole Fresh Fruit (Apple or Banana)	BBQ Chicken Garlic Bread Coleslaw Fruit Juice	Loaded Chicken Salad Garlic Toast	Turkey and Cheese Sliders Baked Beans Fresh Fruit	Cheese Pizza Fruit Salad Corn
Monday, April 23	Tuesday, April 24	Wednesday, April 25	Thursday, April 26	Friday, April 27
Beef and Bean Burrito w/ Picante Sauce Salad Fruit Juice	BLT w/ Mayo Corn Fruit Juice	Chicken Poppers Mac and Cheese Banana	Pepperoni Pizza Celery w/ Ranch Dressing Apple Slices	No School
Monday, April 30				
Loaded Nachos (Cheese Sauce, Salsa, and Sour Cream) Corn Fruit Juice				

April

- Pear Month
- Tropical Fruits Month



Menu by S. Robinson, Certified Food Service Manager
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