

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3
Barbeque Chicken Sandwich Chicken Alfredo w/ Garlic Knot Kidzable: Italian Sweet Potato Crinkle Fries Garden Bar Milk

4
American Sandwich Cheese Pizza Chicken Quesadilla Peas and Carrots Garden Bar Milk

5
Grilled Cheese Sandwich Spaghetti w/ Meatballs w/ Breadstick Turkey and Cheese Sandwich Roasted Broccoli Milk

6
Frito Chili Pie Pepperoni Pizza Sunbutter and Jelly Sandwich Frijoles Ala Charro Garden Bar Milk

7
Bean and Cheese Burrito Chicken Nuggets w/ Roll Ham and Cheese Sandwich Mashed Potatoes w/ Gravy Corn Garden Bar Milk

Variety of fat-free and low-fat milk offered daily.

10
Mexi Chicken Flatbread Pizza Sunbutter and Jelly Sandwich Walking Nachos Refried Beans Garden Bar Milk

11
Cheesy Chicken Spaghetti Cheese Ravioli w/ Breadstick Crispy Chicken Wrap Roasted Broccoli Garden Bar Milk

12
American Sandwich French Toast, Eggs, Sausage Pepperoni Pizza Baked Cinnamon Apples Garden Bar Milk

13
Chicken Nuggets w/ Garlic Knot Corn Dog Caesar Chicken Wrap Seasoned Carrots Mashed Potatoes and Gravy Garden Bar Milk

14
Cheese Pizza Hamburger Pinwheel Party Box Mixed Veggies Garden Bar Milk

Garden Bar offers fresh fruit and vegetables in an inviting variety.

17
Stuffed Mozzarella Breadsticks w/ Marinara Breaded Chicken Drumstick w/ Breadstick Ham and Cheese Sandwich Green Beans Garden Bar Milk

18
Beef Lasagna w/ Breadstick Chicken and Waffles Buffalo Wrap Roasted Squash Garden Bar Milk

19
Cheese Pizza Bean and Cheese Nachos Crispy Chicken Wrap Pinto Beans Garden Bar Milk

20
Twisted Hot Dog Orange Chicken w/ Rice Sunbutter and Jelly Sandwich Peas Garden Bar Milk

21
Grilled Cheese Sandwich Pepperoni Pizza Chicken Caesar Wrap Sweet Potato Crinkle Fries Garden Bar Milk

Local products served when seasonally available.

24
American Sandwich Baked Penne Pasta w/ Garlic Knot Chicken Sandwich Green Beans Garden Bar Milk

25
Cheese Pizza Hamburger Pinwheel Party Box Roasted Broccoli Garden Bar Milk

26
Barbeque Pork Sandwich Chicken Nuggets w/ Roll Strawberry Banana Parfait w/ Cheese Stick Smiley Fries Garden Bar Milk

27
(Empty menu box)

28
(Empty menu box)

(Empty menu box)

(Empty menu box)

(Empty menu box)

(Empty menu box)

(Empty menu box)

Mathematics Awareness Month

April is Mathematics and Statistics Awareness Month. Since the start of Mathematics Awareness Week back in 1986, the aim has been to increase the level of interest in the study of mathematics and increase the level of public understanding and appreciation for the wide range of applications for mathematics in fields as diverse as manufacturing, business and medicine. However, sometimes we overlook a daily activity that can help students not only advance their math skills but also establish

life skills. That activity is cooking. Cooking with recipes engages reading skills, comprehension and math. Recipes might include fractions, measuring and portioning many of the basic skills students need to excel in math. Consider encouraging your child to select a few recipes he or she would like to make. Then, take some extra time to have fun and appreciate together the opportunity cooking brings to build a greater understanding and appreciation for mathematics.



Mathematics Awareness Month is a national effort to increase public understanding and appreciation of mathematics and its applications. For more information, visit www.mathaware.org.

www.liftoffsplayground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sausage Pancake Bites Applesauce Milk and Juice	Assorted Cereals w/ Toast Orange Milk and Juice	Sausage Breakfast Pizza Banana Milk and Juice	English Muffin w/ Ham Craisins Milk and Juice	Blueberry or Cinnamon Mini Waffles Apple Milk and Juice
Cinnamon Toast Breakfast Bar Applesauce Milk and Juice	Cinnamon Roll Orange Milk and Juice	Assorted Cereal w/ Toast Banana Milk and Juice	Oatmeal Chocolate Chip Or Cinnamon Breakfast Round Craisins Milk and Juice	Cinnamon or Maple Mini Waffles Apple Milk and Juice
Blueberry or Maple Mini Waffles Applesauce Milk and Juice	Assorted Cereal w/ Toast Orange Milk and Juice	Sausage Breakfast Pizza Banana Milk and Juice	English Muffin w/ Ham Craisins Milk and Juice	Assorted Cereal w/ Toast Apple Milk and Juice
Cinnamon Toast Breakfast Bar Applesauce Milk and Juice	Cinnamon Roll Orange Milk and Juice	Assorted Cereal w/ Toast Banana Milk and Juice		

Fresh Pick Recipe

PIE PINEAPPLE SALSA (SERVES 4)

- + 2 1/2 cups pineapple cubes (drained)
- + 1/2 cup green bell pepper (chopped)
- + 1/4 cup red onion (chopped)
- + 1/2 cup cilantro (chopped)
- + 1/2 cup jalapeno pepper (drained and chopped)

Lime Dressing

- + 1 1/2 teaspoon brown sugar
- + 1/8 cup unsweetened lime juice
- + 1/8 teaspoon black pepper (ground)

1. Drain pineapple.
2. Dice green pepper and onion.
3. Wash cilantro and jalapeno. Pull leaves off of stem and roughly chop.
4. Drain and chop jalapeno.
5. Mix together sugar, lime juice and pepper.
6. Combine pineapple, onion and pepper, cilantro and jalapenos with lime dressing in serving container. Mix well.
7. Refrigerate for 30 minutes prior to serving.

©2019, Liff's Playgrounds
All contents: Top left,
Bottom section: Liff's



Nutrition information is available upon request.