

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

Italian Dunkers (V)
Chicken Alfredo Macaroni w/ Garlic Knot
Pizza Bento Box
Roasted Broccoli
Roasted Green Beans

2

Chicken Quesadilla
American Sandwich
Old School Cheese Pizza
Peas & Carrots
Pinto Beans
Chocolate Chip Cookie

3

Spaghetti with Meatballs w/ Breadstick
Toasted Cheese Sandwich
Turkey and Cheese Sandwich
Sweet Potato Fries
Roasted Squash

4

Chili Cheese Hot Dog
Chili Frito Pie
Sunbutter & Jelly Sandwich (V)
Carolina Slaw
Aztec Corn

5

Chicken Nuggets w/ Dinner Roll
Ham & Cheese Sandwich
Veggie Burger (V)
Apple Glazed Baby Carrots
Mashed Potatoes w/ Gravy

Fresh Pick of the Month:
Broccoli

8

BBQ Chicken Sandwich
Walking Nachos
Sunbutter & Jelly Sandwich w/ String Cheese (V)
Blue Ribbon Slaw
Refried Beans

9

Macaroni & Cheese w/ Garlic Knot
Corn Dog
Crispy Chicken Wrap
Crinkle Fries
Roasted Broccoli
Chocolate Chip Cookie

10

French Toast Brunch 4 Lunch French
Toast Sticks, Scramble Eggs,
Sausage Link
American Sandwich
Pepperoni Pizza
Baked Cinnamon Raisin Apples
Roasted Green Beans

11

Cheesy Chicken Spaghetti w/
Twisted Breadstick
Chicken Nuggets w/ Dinner Roll
Chicken Caesar Wrap
Peas & Carrots
Whipped Potatoes

12

Sloppy Joes
Hamburger
Just Peachy Parfait (V)
Mixed Garden Vegetables
Tater Tots

Local ingredients used when seasonally available

15

Chicken Nuggets w/ Waffle
Glazed Drumstick w/ Biscuit
Ham & Cheese Sandwich
Baked Cinnamon Raisin Apples
Sweet Potato Crinkles

16

Italian Dunkers (V)
Beef Lasagna w/ Twisted Breadstick
Buffalo Chicken Wrap
Parmesan Green Beans
Roasted Squash/Zucchini
Chocolate Chip Cookie

17

Mexi-Chicken Nachos
Bean & Cheese Nachos (V)
Crispy Chicken Wrap
Mexican Roasted Corn
Charro Beans

18

Orange Chicken Nuggets w/ Brown
Rice
Twisted Dog
Sunbutter & Jelly Sandwich w/ String
Cheese (V)
Roasted Broccoli
Tater Tots

19

Old School Cheese Pizza (V)
Grilled Ham & Cheese Sandwich
Chicken Caesar Wrap
Oven Roasted California Blend
Crinkle Fries

Variety of fat-free and non-fat milk offered daily

22

Baked Penne Pasta (V) w/ Twisted
Breadstick
BBQ Riblet
American Sandwich
Roasted Green Beans
Sweet Potato Fries

23

Old School Cheese Pizza (V)
Hamburger
Chicken Caesar Wrap
Roasted Broccoli
Crinkle Fries
Chocolate Chip

24

Parmesan Chicken Burger
Chicken Nuggets w/ Dinner Roll
Strawberry Banana Parfait (V)
Roasted Squash & Zucchini
Smile Fries

25

Beefy Totchos
Cheese Quesadilla (V)
Crispy Chicken Wrap
Roasted Corn
Tater Tot Hash

26

(V) denotes vegetarian-friendly item

29

Macaroni & Cheese (V) w/
Twisted Breadstick
Cheeseburger
Ham & Cheese Sandwich
Roasted California Blend
Tater Tots

30

Popcorn Chicken Bowl w/
Dinner Roll
Hearty Garden Salad (V) w/
Dinner Roll
Chicken Burger
Steamed Corn
Mashed Potatoes w/ Gravy
Chocolate Chip Cookie



Menu subject to change based on product availability

This institution is an equal opportunity provider.

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.



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.liftoffspayground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
April 1 French Toast Sticks Applesauce ~~~~~ Juice and Milk	April 2 Sausage Breakfast Pizza Banana ~~~~~ Milk	April 3 Egg and Cheese Breakfast Burrito Orange Slices ~~~~~ Juice and Milk	April 4 Sausage Biscuit Graham Crackers Banana ~~~~~ Milk	April 5 Sausage Pancake Bites Apple Slices ~~~~~ Juice and Milk
April 8 Cinnamon Toast Bar Applesauce ~~~~~ Juice and Milk	April 9 Scrambled Eggs w/ Toast Banana ~~~~~ Milk	April 10 Biscuit and Gravy Graham Crackers Orange Slices ~~~~~ Juice and Milk	April 11 Ham & Cheese English Muffin Sandwich Craisins ~~~~~ Milk	April 12 Sausage Biscuit Graham Crackers Apple Slices ~~~~~ Juice and Milk
April 15 French Toast Bites Applesauce ~~~~~ Juice and Milk	April 16 Breakfast Sandwich Banana ~~~~~ Milk	April 17 Sausage Breakfast Pizza Orange Slices ~~~~~ Juice and Milk	April 18 Chicken & Waffle Stacker Banana ~~~~~ Milk	April 19 Buttermilk Pancakes Apple Slices ~~~~~ Juice and Milk
April 22 Pancake Sausage Bites Applesauce ~~~~~ Juice and Milk	April 23 Biscuit and Gravy Graham Crackers Banana ~~~~~ Milk	April 24 Egg & Cheese Breakfast Burrito Orange Slices ~~~~~ Juice and Milk	Ham & Cheese English Muffin Sandwich Craisins ~~~~~ Milk	
April 29 French Toast Bites Applesauce ~~~~~ Juice and Milk	April 30 Breakfast Sandwich Banana ~~~~~ Milk			<i>Variety of cereal, fat-free, & low-fat milk offered daily</i>

Fresh Pick Recipe

OVEN ROASTED BROCCOLI WITH PANKO (SERVES 4)

- 1 tablespoon garlic (raw)
- 2 tablespoons fresh basil (chopped)
- 2 cups fresh broccoli (cooked)
- 1/2 cup canned tomato (diced)
- 2 tablespoons canola/olive oil blend
- 1/8 teaspoon black pepper (ground)
- 1 tablespoon Italian seasoning
- 2 tablespoons panko bread crumbs
- 2 tablespoons grated Parmesan cheese

1. Chop garlic.
2. Wash basil and pat dry. Pull leaves off of stem and roughly chop.
3. Chop broccoli.
4. Drain tomatoes.
5. Lightly coat broccoli, chopped garlic and diced tomatoes with oil, Italian seasoning and pepper. Spread out on parchment lined sheet pan.
6. Bake in 450°F standard (conventional) oven for 10 minutes and broccoli is tender.
7. Sprinkle broccoli mixture with Panko and bake 5 more minutes.
8. Carefully transfer broccoli mixture to serving pan. Garnish with Parmesan cheese and basil.

NUTRITION FACTS:
395 calories, 10g fat,
197mg sodium, 3g fiber