

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

Breakfast:
Mini Maple Waffles (v)

Lunch:
Cheeseburger or Hamburger
Bean & Cheese Burrito (v)
Turkey & Cheese Sandwich

2

Breakfast:
Biscuit w/ Grape Jelly

Lunch:
Glazed Chicken Drumstick w/ WG Roll
Turkey Soft Taco
Peanut Butter and Jelly Sandwich (v)

3

Breakfast:
Potato, Egg, & Ham Breakfast Bowl w/ Toast

Lunch:
Chicken Po Boy Sandwich
Hot Dog
Ham & Cheese Sandwich
Fiesta Salad w/ Tortilla Chips

4

Breakfast:
Egg & Sausage Breakfast Burrito

Lunch:
Crispy Chicken Burger
Spaghetti w/ Meaty Marinara
Italian Stackler
Chicken Caesar Salad w/ WG Rolls

5

Breakfast:
Whole Grain Cinnamon Roll (v)

Lunch:
Cheese Pizza (v) or Pepperoni Pizza
Chicken & Waffles
American Sub Sandwich
Chef Salad w/ WG Rolls

Breakfast Includes: Choice of entrée, choice of fruit(s), and low-fat or fat-free milk.

8

Breakfast:
Sausage Pancake on a Stick

Lunch:
Cheesy Lasagna Roll Up w/ WG Roll (v)
Teriyaki Chicken over Brown Rice
Peanut Butter and Jelly Sandwich (v)
Fresh Garden Salad w/ WG Rolls

9

Breakfast:
Apple Frudel (v)

Lunch:
Crispy Chicken Burger
Brunch for Lunch: Pancakes w/ Sausage
Turkey & Cheese Sandwich
Chef Salad w/ WG Rolls

10

Breakfast:
Egg & Cheese English Muffin (v)

Lunch:
Bean & Cheese Nachos (v)
BBQ Chicken Sandwich
Italian Sub Sandwich
Fiesta Salad w/ Tortilla Chips

11

NO SCHOOL

12

NO SCHOOL

Daily Breakfast Entrées: Choice of Bagel w/ Cream Cheese, Variety of Whole Grain Cereals w/ Wheat Toast or Mozzarella String Cheese, or Maple Brown Sugar Oatmeal

15

Breakfast:
Cinnamon Sugar Pancake Bites (v)

Lunch:
Pork Rib-b-Que Sandwich
Cheesy Breadsticks w/ Marinara (v)
Ham & Cheese Sandwich
Fresh Garden Salad w/ WG Rolls

16

Breakfast:
Egg & Cheese Quesadilla (v)

Lunch:
Hamburger or Cheeseburger
Cheese Raviolis w/ WG Roll (v)
American Sub Sandwich
Chef Salad w/ WG Rolls

17

Breakfast:
Sausage Biscuit Sandwich

Lunch:
Creamy Chicken Alfredo
Corn Dog
Peanut Butter & Jelly Sandwich (v)
Fiesta Salad w/ Tortilla Chips

18

Breakfast:
Ultimate Breakfast Round

Lunch:
Crispy Chicken Burger
Creamy Mac & Cheese (V)
American Sandwich
Chicken Caesar Salad w/ WG Rolls (v)

19

Breakfast:
Biscuit w/ Grape Jelly (v)

Lunch:
Cheese Pizza (v) or Pepperoni Pizza
Taco Burger
Turkey & Cheese Sandwich
Chef Salad w/ WG Rolls

Lunch Includes: Choice of entrée, variety of inviting fruits and vegetables, and low-fat or fat-free milk.

22

Breakfast:
Mini Maple Waffles (v)

Lunch:
Crispy Chicken Nuggets w/ WG Roll
Saucy Meatball Sub
American Sandwich
Chef Salad w/ WG Rolls

23

Breakfast:
Sausage Breakfast Pizza

Lunch:
Brunch for Lunch: French Toast Sticks w/ Sausage
Turkey Soft Taco
Italian Sub Sandwich
Poppin Chicken Salad w/ WG Rolls

24

Breakfast:
Potato, Egg, & Ham Breakfast Bowl w/ Wheat Toast

Lunch:
Ballpark Hot Dog
Sweet & Sour Chicken Rice Bowl
Peanut Butter & Jelly Sandwich (v)
Garden Salad w/ WG Rolls

25

Breakfast:
Sausage Pancake on a Stick

Lunch:
Cheesy Breadsticks w/ Marinara (v)
Bean & Cheese Nachos
Crispy Chicken Wrap
Fiesta Salad w/ Tortilla Chips

26

Breakfast:
Whole Grain Cinnamon Roll (v)

Lunch:
Cheese Pizza (v) or Pepperoni Pizza
Homemade Sloppy Joe
Ham & Cheese Sandwich
Chicken Caesar Salad w/ WG Rolls

Vegetarian items marked with (v)

29

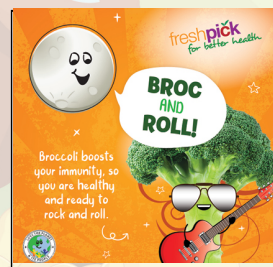
Breakfast:
Apple Frudel

Lunch:
Bean & Cheese Burrito (v)
Hamburger, or Cheeseburger
Turkey & Cheese Sandwich
Chef Salad w/ WG Rolls

30

Breakfast:
Ultimate Breakfast Round (v)

Lunch:
Crispy Chicken Burger
Chicken Alfredo Pasta
Peanut Butter & Jelly Sandwich (v)
Peppi Pizza Salad w/ WG Rolls



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.

liffsofplayground.com

Let's Talk Trash

There is a growing concern about food loss and waste throughout the United States. Consider that about 90 billion pounds of edible food goes uneaten each year. This costs most people about \$370 each year.

As the world population continues to grow, there is a greater need to set goals and develop initiatives to reduce the amount of food wasted. Less food loss and waste can help save money, improve food access and protect natural resources. The impacts of food loss and waste include:

- Food waste is the single largest component going into municipal landfills.
- Wholesome food is sent to landfills instead of feeding people in need.
- Producing, processing, transporting, preparing, storing and disposing of discarded food uses inputs such as land, water, labor and energy that could be available for other purposes.

What can you do?

Being mindful about planning, purchasing, protecting, preserving, storing, re-purposing, donating and recycling food can help you save money and reduce the amount of food thrown away. To learn more about how you and your family can help manage food waste, check out the USDA infographic at <https://choosemyplate-prod.azureedge.net/sites/default/files/printablematerials/2015-LetsTalkTrash-2page.pdf>.

Also, the Eating Healthy on a Budget section of ChooseMyPlate.gov provides ways to eat healthy and manage food resources at home: <https://www.choosemyplate.gov/budget>.

Source: <https://www.choosemyplate.gov/lets-talk-trash>.

Our foodservice facility prepares and serves some products which may contain ingredients identified as food allergens. For more information on food allergies, go to <http://www.foodallergy.org/>.

Fresh Pick Recipe

GREEN SALAD WITH CANTELOUPE

- 4 C Romaine (1" slice)
- 2 C Canteloupe (medium dice)
- ½ Cucumber (peeled/sliced thin in rounds)
- ¼ C onion (sweet/sliced thin)
- 1 T Lime juice
- 2 T Oil (light)
- ¾ t Honey
- Salt and pepper to taste
- 1 ½ T fresh mint or parsley for garnish

1. Prepare ingredients as directed.
2. Place the lettuce leaves on a medium platter.
3. In medium bowl add canteloupe, cucumber, and onion.
4. In small bowl mix lime juice, oil and honey.
5. Pour dressing on the cantaloupe mixture.
6. Add salt and pepper to taste. Spoon canteloupe mixture onto the lettuce. Garnish with mint or parsley.



Nutrition Information is available upon request.

