

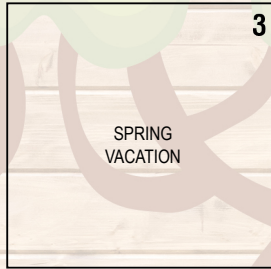
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



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

8

Breakfast:
Sausage Pancake on a Stick
Lunch:
Teriyaki Chicken over Brown Rice,
Turkey & Cheese Sandwich
or
Sunbutter & Jelly Sandwich (v)

9

Breakfast:
Apple Frudel (v)
Lunch:
Crispy Chicken Burger
w/ Tater Tots,
Fruit & Yo To-Go Box (v)
or
Chef Salad w/ WG Rolls

10

Breakfast:
Egg & Cheese English Muffin (v)
Lunch:
Bean & Cheese Nachos (v)
or
Italian Sub Sandwich

11

Breakfast:
Whole Grain Pancake w/ Scrambled
Eggs (v)
Lunch:
Crispy Chicken Nuggets w/ WG Roll
or
American Sandwich

12

Breakfast:
Freshly Baked Banana Muffin Top (v)
Lunch:
Cheese Pizza (v) or Pepperoni Pizza
or
Poppin' Chicken Salad w/ WG Roll

Daily Breakfast Entrées: Choice of Bagel w/ Cream Cheese, Variety of Whole Grain Cereals w/ Mozzarella String Cheese or Graham Cracker

15

Breakfast:
Cinnamon Sugar Pancake Bites (v)
Lunch:
Cheesy Breadsticks
w/ Marinara
or
Ham & Cheese Sandwich

16

Breakfast:
Egg & Cheese Quesadilla (v)
Lunch:
Cheeseburger or Hamburger
w/ French Fries
or
Deil Stackables

17

Breakfast:
Sausage Biscuit Sandwich
Lunch:
Corn Dog,
*Big City Bites New Orleans featuring
Chicken Po' Boy Sandwich*
or
Sunbutter & Jelly Sandwich (v)

18

Breakfast:
Protein Power Up Pack Box
Lunch:
Crispy Chicken Burger
w/ Tater Tots
or
Fresh Garden Salad w/ WG Rolls (v)

19

Breakfast:
French Toast Sticks
w/ Scrambled Eggs
Lunch:
Cheese Pizza (v) or Pepperoni Pizza
or
Turkey & Cheese Sandwich

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

22

Breakfast:
Waffles w/ Fruit Compote
Lunch:
Saucy Meatball Sub
or
American Sandwich

23

Breakfast:
Sausage Breakfast Pizza
Lunch:
Brunch for Lunch:
French Toast Sticks w/ Sausage
or
Italian Sub Sandwich

24

Breakfast:
Blueberry Muffin
& Cheese Stick
Lunch:
Sweet & Sour Chicken Rice Bowl,
Sunbutter & Jelly Sandwich (v)
or
Chef Salad w/ WG Rolls

25

Breakfast:
Breakfast Protein Power Up
Pack Box
Lunch:
Cheesy Breadsticks w/ Marinara (v)
or
Pinwheel Party Box

26

Breakfast:
Iced Whole Grain Cinnamon Roll (v)
w/ Icing
Lunch:
Scratch Cheese (v) or Pepperoni
Pizza
or
Chicken Caesar Salad w/ WG Rolls

Vegetarian items marked with (v)

29

Breakfast:
Ultimate Breakfast Round
Lunch:
Bean & Cheese Burrito (v)
w/ Salsa
or
Breakfast Protein Power-Up (v)

30

Breakfast:
Danimal Yogurt
w/ Graham Cracker
Lunch:
Crispy Chicken Burger
w/ French Fries,
Peppi Pizza Salad w/ WG Rolls
or
Sunbutter & Jelly Sandwich (v)



Menu subject to change without warning 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.

liftoffisplayground.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)
- ¼ 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 canteloupe mixture.
6. Add salt and pepper to taste. Spoon canteloupe mixture onto the lettuce. Garnish with mint or parsley.

freshpick
for better health.
by sodexo



School Meal Prices:

All students are eligible to receive student meals at no cost.

BREAKFAST: Extra entrée or entrée only - \$2.00~**LUNCH:** Extra entrée - \$3.00

Milk Only (purchased without a meal) at breakfast or lunch \$.40

Adult Breakfast \$3.25~Adult Lunch \$5.00

Nutrition Information is available upon request.

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