

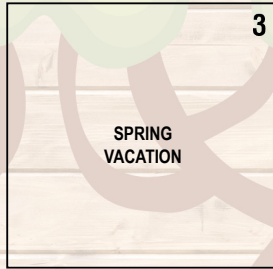
### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY



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

**8**

**Breakfast:**  
Pancake & Sausage 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:**  
Mini Maple Waffles (v)

**Lunch:**  
Bean & Cheese Nachos (v) or Italian Sub Sandwich

**11**

**Breakfast:**  
Mini Confetti Pancakes (v)

**Lunch:**  
Crispy Chicken Nuggets w/ WG Roll or American Sandwich

**12**

**Breakfast:**  
Cinnamon Ultimate Breakfast Round (v)

**Lunch:**  
Cheese (v) or Pepperoni Pizza Fish or Poppin' Chicken Salad w/ WG Roll

**15**

**Breakfast:**  
Sausage Breakfast Pizza

**Lunch:**  
Cheesy Breadsticks w/ Marinara or Ham & Cheese Sandwich

**16**

**Breakfast:**  
Pancake Bites (v)

**Lunch:**  
Cheeseburger or Hamburger w/ French Fries or Deli Stackables

**17**

**Breakfast:**  
Chocolate Chip Ultimate Breakfast Round (v)

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

**18**

**Breakfast:**  
Cereal Bar w/ Cheese Stick

**Lunch:**  
Crispy Chicken Burger w/ Tater Tots or Fresh Garden Salad w/ WG Rolls (v)

**19**

**Breakfast:**  
Whole Wheat Bagel w/ Cream Cheese (v)

**Lunch:**  
Cheese (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:**  
French Toast Minis (v)

**Lunch:**  
Saucy Meatball Sub or American Sandwich

**23**

**Breakfast:**  
Chocolate Chip Ultimate Breakfast Round

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

**24**

**Breakfast:**  
Yogurt w/ Graham Crackers (v)

**Lunch:**  
Sweet & Sour Chicken Brown Rice Bowl, Sunbutter & Jelly Sandwich (v) or Chef Salad w/ WG Rolls

**25**

**Breakfast:**  
Blueberry Bash Mini Waffles

**Lunch:**  
Cheesy Breadsticks w/ Marinara (v) or Pinwheel Party Box

**26**

**Breakfast:**  
Mini Cinnis (v)

**Lunch:**  
Cheese (v) or Pepperoni Pizza or Caesar Salad w/ WG Rolls

Vegetarian items marked with (v)

**29**

**Breakfast:**  
Blueberry Muffin w/ Cheese Stick

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

**30**

**Breakfast:**  
Cereal Bar w/ Cheese Stick

**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](http://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](http://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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