

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

Oven Roasted Chicken
with Buttermilk Biscuit

All American Cheeseburger

Crispy Sweet Potato Fries

4

Twin Tacos
w/ Meat, Cheese, Lettuce & Tomato

Chicken Alfredo Mac
with Garlic Breadstick

Roasted Broccoli

5

Hot Diggity Dog

Chicken Nuggets w/ Dinner Roll

Vegetarian Baked Beans

6

Half Day

Chicken Patty Sandwich

Baby Carrots

7

School Closed

Offered Daily 4/3-4/7: Ham and Cheese Sandwich, Yogurt & Bagel Bag, Peanut Butter & Jelly Sandwich

10

School Closed

11

School Closed

12

School Closed

13

School Closed

14

School Closed

Offered Daily 4/10-4/14 : Italian Sub, Yogurt & Bagel Bag, Peanut Butter & Jelly Sandwich

17

Breakfast for Lunch:
Cheese Omelet Platter with Biscuit

Hot Diggity Dog

Vegetarian Baked Beans

18

Cheesy Stuffed Breadsticks
w/ Marinara Sauce

Homemade Macaroni & Cheese
with Dinner Roll

Sautéed Spinach

19

Orange Chicken Bowl
with Rice

Pulled Pork or Turkey Sandwich

Broccoli Dippers

20

Taco Quesadilla
with Salsa

Chicken Parm Sandwich

Crispy French Fries

21

Cheese Pizza Slice

Chicken Cheesesteak on Roll

Roasted Green Beans

Offered Daily 4/17-4/21: Turkey & Cheese Sub, Yogurt & Bagel Bag, Peanut Butter & Jelly Sandwich

24

Grilled Cheese Sandwich

Chicken Meatball Parm Sub

Cucumber Coins

25

Breakfast for Lunch:
French Toast Sticks with Sausage

Chicken Patty Sandwich

Cinnamon Sweet Potatoes

26

Sweet & Sour Chicken
with Rice

Hot Diggity Dog

Tater Tots

27

Loaded Totchos
with Buttermilk Biscuit

Penne with Chicken Meatballs

Roasted Broccoli

28

Cheese Pizza Square

Chicken Nuggets
with Dinner Roll

Vegetarian Baked Beans

Offered Daily 4/24-4/28: , Crispy Chicken Sandwich, Yogurt & Bagel Bag, Peanut Butter & Jelly Sandwich

Lunch Prices

Student: \$2.85
Adult: \$3.85

All lunches include a variety of fresh
fruit, chilled fruit cup, and choice of
milk (skim, 1% or fat free chocolate)



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.



Choose My Plate is a program of the U.S. Department of Agriculture, National Center for Food Safety and Inspection Service.

www.liftoffsplayground.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 landfill.
- 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/2016-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 food service 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

MUSHROOMS AND SNAP PEAS (SERVES 4)

- 3 cups raw mushrooms (pieces)
- 1/4 tsp aspen olive oil blend
- 1/2 tablespoon low sodium soy sauce
- 1/4 tsp aspen frozen lemon juice (unsweetened)
- 3 cups frozen peas (cooked)

1. Slice mushrooms 1/2".
2. In a nonreactive bowl, whisk together oil, soy sauce and lemon juice.
3. Combine mushrooms and peas with dressing.

90% FAT FREE, 100% WHOLE,
100% CALORIES, 100% TALK
100% LOW SODIUM, 100% FIBER



So Happy

Sodexo's new equal opportunity
and diversity commitment

Nutrition information is available upon request.

