

### 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:**  
Cheesy Lasagna Roll Up w/ WG Roll (v)  
Teriyaki Chicken over Brown Rice  
Turkey & Cheese Sandwich

**9**

**Breakfast:**  
Apple Frudel (v)

**Lunch:**  
Crispy Chicken Burger  
Brunch for Lunch: Pancakes w/ Sausage  
Chef Salad w/ WG Rolls

**10**

**Breakfast:**  
Egg & Cheese English Muffin (v)

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

**11**

**Breakfast:**  
Whole Grain Pancake w/ Scrambled Eggs (v)

**Lunch:**  
Crispy Chicken Nuggets w/ WG Roll  
Homestyle Baked Penne Pasta (v)  
American Sandwich

**12**

**Breakfast:**  
Assorted Muffins (v)

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

Daily Breakfast Entrées: 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  
Ham & Cheese Sandwich

**16**

**Breakfast:**  
Egg & Cheese Quesadilla (v)

**Lunch:**  
Choice of Burger:  
Cheeseburger, Hamburger, or Veggie Burger (v)  
Cheese Raviolis w/ WG Roll (v)  
Deli Stackables

**17**

**Breakfast:**  
Sausage Biscuit Sandwich

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

**18**

**Breakfast:**  
Blueberry Patch & Granola Parfait (v)

**Lunch:**  
Crispy Chicken Burger  
Creamy Mac & Cheese (V)  
Fresh Garden Salad w/ WG Rolls (v)

**19**

**Breakfast:**  
Homemade French Toast w/ Scrambled Eggs (v)

**Lunch:**  
Cheese Pizza (v) or Pepperoni Pizza  
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/ Scrambled Eggs (v)

**Lunch:**  
Crispy Chicken Nuggets w/ WG Roll  
Saucy Meatball Sub  
American Sandwich

**23**

**Breakfast:**  
Sausage Breakfast Pizza

**Lunch:**  
Brunch for Lunch: French Toast Sticks w/ Sausage  
Turkey Soft Taco  
Strawberry Fields Parfait (v)

**24**

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

**Lunch:**  
Ballpark Hot Dog  
Sweet & Sour Chicken Rice Bowl  
Chef Salad w/ WG Rolls

**25**

**Breakfast:**  
Chef Choice

**Lunch:**  
Cheesy Breadsticks w/ Marinara (v)  
Southwest-Style Nachos  
Crispy Chicken Wrap

**26**

**Breakfast:**  
Iced Whole Grain Cinnamon Roll (v)

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

Vegetarian items marked with (v)

**29**

**Breakfast:**  
Build-Your-Own Fruit & Yogurt Bowl (v) or Fruit & Yogurt Parfait (v)

**Lunch:**  
Chef Choice  
Choice of Burger: Hamburger, Cheeseburger, or Veggie Burger (v)  
Turkey and Cheese Sandwich

**30**

**Breakfast:**  
Mini Maple Waffles (v)

**Lunch:**  
Crispy Chicken Burger  
Chicken Alfredo Pasta  
Chef Choice



## 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.

[liftoffsplayground.com](http://liftoffsplayground.com)

## BREAKFAST

**MONDAY:**

**TUESDAY:**

**WEDNESDAY:**

**THURSDAY:**

**FRIDAY:**

### *Fresh Pick Recipe*

#### APPLE AND CARROT SAUTÉ

- 1 ½ Tbsp olive oil
- ¼ c onion (small dice)
- ½ c celery (sliced thin)
- 2 c carrots (1" slices)
- 1 c plus 2 Tbsp water (divided)
- 1 ½ c apples (unpeeled/tart/large dice)
- 1 Tbsp honey
- 2 Tbsp orange juice
- 1 Tbsp cornstarch
- salt and pepper to taste
- 2 Tbsp parsley (sliced)

1. Prepare ingredients as directed.
2. In medium saucepan sauté onions and celery in the olive oil for 2 minutes until tender.
3. Add 1 C water and the carrots to the pan and simmer until carrots are crisp but tender.
4. Drain any remaining water. Add apples, honey and orange juice to the carrots and sauté for 5 minutes.
5. Combine the cornstarch with the remaining 2 T water and add to the pan.
6. Add salt and pepper to taste.
7. Bring to a medium boil and then simmer for 2 minutes. Garnish with parsley and serve.

### MEAL REQUIREMENTS

Must select at least 3 of the 5 offered components:

Meat/Meat Alternative;  
Grain; Veggie; Fruit; Milk

ONE SELECTION MUST BE A  
1/2 CUP OF FRUIT OR VEGGIE!



### SCHOOL MEAL PRICES:

Students who are reduce-priced eligible will receive student meals at no cost.

#### BREAKFAST:

**PAID:** \$X.XX MS: \$X.XX HS: \$X.XX

#### LUNCH:

**PAID:** \$X.XX MS: \$X.XX HS: \$X.XX

Nutrition Information is available upon request.

