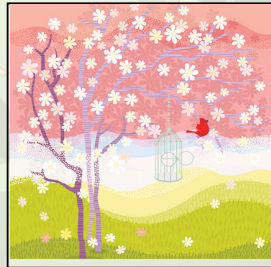


MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



You must select a half cup of fruit or vegetables or combination of both with your meal. You may select one.

8

Chicken Pesto Pasta
Corn Dog
Cheese Quesadilla
Tossed Green Salad
Cucumbers
Carrots
Corn
Selection of Fruit

9

Enchilada Casserole
100% Mozzarella Cheese
or Pepperoni Pizza
Chicken Nuggets w/Roll
Caesar Salad
Celery
Carrots
Beans
Selection of Fruit

10

Orange Chicken w/Rice
Turkey Sub Sandwich
Peanut Butter & Jelly Sandwich*
w/String Cheese
Tossed Green Salad
Cucumbers
Carrots
Selection of Fruit

11

Hamburger w/Fries
100% Mozzarella Cheese or
Pepperoni Pizza
Crispy Chicken Sandwich
Caesar Salad
Celery
Carrots
Beans
Selection of Fruit

12

Chicken Tinga w/Rice
Chef's Choice
Hand Rolled Beans & Cheese
Burrito
Tossed Green Salad
Cucumbers
Carrots
Corn
Selection of Fruit

We offer fruit and vegetables daily for your selection with your meal.

15

Spaghetti w/Meat Sauce
Peanut Butter & Jelly Sandwich
w/String Cheese
Turkey & Cheese Sandwich
Tossed Green Salad
Cucumbers
Carrots
Corn
Selection of Fruit

16

Waffles w/Sausage
100% Mozzarella Cheese
or Pepperoni Pizza
Chicken Caesar Salad w/Roll
Caesar Salad
Celery
Carrots
Beans
Selection of Fruit

17

Chicken Tacos
Mac & Cheese w/Roll
Turkey Hot Dog
Tossed Green Salad
Cucumbers
Carrots
Selection of Fruit

18

Cheese Nachos w/Chicken
100% Mozzarella Cheese
or Pepperoni Pizza
Fruit Yogurt Parfait
Caesar Salad
Celery
Carrots
Beans
Selection of Fruit

19

Hamburger w/Fries
Chef's Choice
Hand Rolled Bean & Cheese
Burrito
Tossed Green Salad
Cucumbers
Carrots
Corn
Selection of Fruit

Lunch includes choice of nonfat chocolate milk and 1% white milk.

22

Chicken Pesto Pasta
Cord Dog
Cheese Quesadilla
Tossed Green Salad
Cucumbers
Carrots
Corn
Selection of Fruit

23

Enchilada Casserole
100% Mozzarella Cheese
or Pepperoni Pizza
Chicken Nuggets w/Roll
Caesar Salad
Celery
Carrots
Beans
Selection of Fruit

24

Orange Chicken w/Rice
Turkey Sub Sandwich
Peanut Butter & Jelly Sandwich*
w/String Cheese
Tossed Green Salad
Cucumbers
Carrots
Selection of Fruit

25

Hamburger w/Fries
100% Mozzarella Cheese
or Pepperoni Pizza
Crispy Chicken Sandwich
Caesar Salad
Celery
Carrots
Beans
Selection of Fruit

26

Chicken Tinga w/Rice
Chef's Choice
Hand Rolled Bean & Cheese
Burrito
Tossed Green Salad
Cucumbers
Carrots
Corn
Selection of Fruit

29

Spaghetti w/Meat Sauce
Peanut Butter & Jelly Sandwich
w/String Cheese
Turkey & Cheese Sandwich
Tossed Green Salad
Cucumbers
Carrots
Corn
Selection of Fruit

30

Waffles w/Sausage
100% Mozzarella Cheese
or Pepperoni Pizza
Chicken Caesar Salad w/Roll
Caesar Salad
Celery
Carrots
Beans
Selection of Fruit

Menu is Subject to Change

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.

www.liftoffsplyground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Breakfast Includes Assorted Fresh and Canned Fruit 1% White Milk & Fat Free Chocolate Milk	Assorted Cereals Offered w/ String Cheese or Graham Crackers	
Pancake on a Stick Cinnamon Bun Ultimate Breakfast Bar Served with Assorted Fruit	Sausage Muffin Pan Dulce Benefit Bar Served with Assorted Fruit	Ultimate Breakfast Bar Benefit Bar Muffin w/Graham Crackers Served with Assorted Fruit	Cinnamon Bun Donuts Pancakes Served with Assorted Fruit	Yogurt w/Graham Crackers Benefit Bar Muffins w/Graham Crackers Served with Assorted Fruit
Pancake on a Stick Cinnamon Bun Ultimate Breakfast Bar Served with Assorted Fruit	Sausage Muffin Pan Dulce Benefit Bar Served with Assorted Fruit	Ultimate Breakfast Bar Benefit Bar Muffin w/Graham Crackers Served with Assorted Fruit	Cinnamon Bun Donuts Pancakes Served with Assorted Fruit	Yogurt w/Graham Crackers Benefit Bar Muffin w/Graham Crackers Served with Assorted Fruit
Pancake on a Stick Cinnamon Bun Ultimate Breakfast Bar Served with Assorted Fruit	Sausage Muffin Pan Dulce Benefit Bar Served with Assorted Fruit	Ultimate Breakfast Bar Benefit Bar Muffin w/Graham Crackers Served with Assorted Fruit	Cinnamon Bun Donuts Pancakes Served with Assorted Fruit	Yogurt w/Graham Crackers Benefit Bar Muffin w/Graham Crackers Served with Assorted Fruit

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.

All Student Meals are Offered at No Charge.

Adult Meal Prices

Breakfast \$3.00

Lunch \$4.75

Nutrition Information is available upon request.

