

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

Oven Roasted Chicken with Buttermilk Biscuit

Crispy Sweet Potato Fries

4

1/2 Day Bag Lunch

Deli Sandwich / Yogurt Bag

Fruit

Carrot Stick

Milk / Juice

5

Hot Diggity Dog

Vegetarian Baked Beans

6

1/2 Day Bag Lunch

Deli Sandwich / Yogurt Bag

Fruit

Carrot Stick

Milk / Juice

7

SCHOOL CLOSED

Offered Daily 4/3-4/7: Ham & Cheese Sub, Crispy Chicken Salad w/ Dinner Roll Yogurt & Bagel Bag

10

SCHOOL CLOSED

11

SCHOOL CLOSED

12

SCHOOL CLOSED

13

SCHOOL CLOSED

14

SCHOOL CLOSED

Offered Daily 4/10-4/14 :

17

Breakfast for Lunch:

Cheese Omelet Platter with Biscuit

Tater Tots

18

Homemade Macaroni & Cheese w/ Dinner Roll

Sautéed Spinach

19

Asian Sesame Chicken Bowl w/ Rice

Steamed Broccoli

20

Chicken Parm Sandwich

Roasted Chickpeas

21

Cheese Pizza

Roasted Green Beans

Offered Daily 4/17-4/21: , Turkey & Cheese Sub, Chef Salad w/ Dinner Roll, Cereal Boat

24

Chicken Meatball Parm Sub

Cucumber Coins

25

Breakfast for Lunch:

French Toast Sticks w/ Sausage

Cinnamon Sweet Potatoes

26

Hot Diggity Dog

Vegetarian Baked Beans

27

Loaded Totchos w/ Buttermilk Biscuit

Crispy Tater Tots

28

Cheese Pizza Square

Broccoli Dippers

Offered Daily 4/24-4/28: Italian Sub, Garden Salad w/ Dinner Roll, Pretzel Boat

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 United States Department of Agriculture, with funding from the USDA, to help families eat healthier.

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 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/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 allergens, go to <http://www.foodallergy.org/>.

Fresh Pick Recipe

MUSHROOMS AND SNAP PEAS (SERVES 4)

- 3 cups raw mushrooms (pieces)
- 1 tablespoon olive/canola oil blend
- 1/2 tablespoon low sodium soy sauce
- 1 tablespoon fresh 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.

95% FAT FREE (95%
100 CALORIES, 1g FAT,
16g CARBONUM, 0g FIBER



So Happy

Hydrate, energize, and improve your
and storage environment.

Nutrition information is available upon request.

