

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

Breakfast:

Apple Frudel (v)

Lunch:

Teriyaki Chicken over Rice
Cheesy Lasagna Rollup (v)
Turkey & Cheese Sandwich

Side Veggie: Roasted Corn

4

Breakfast:

Fresh Baked Cinnamon Roll

Lunch:

Breakfast for Lunch: Pancakes & Sausage
Chicken Burger
Chef Salad w/ WG Rolls

Side Fruit: Baked Cinnamon Apples

5

Breakfast:

Egg & Cheese Breakfast Sandwich (v)

Lunch:

Bean and Cheese Nachos (v)
BBQ Chicken Sandwich
Italian Sub

Side Veggie: Mexican Black Beans

6

Breakfast:

Pancakes with Syrup (v)

Lunch:

Baked Penne Pasta (v)
Chicken Nuggets with WG Roll
American Sandwich

Side Veggie: Potato Smiles

7

Breakfast:

Egg, Ham and Cheese Biscuit

Lunch:

Homemade Cheese Pizza (v)
Popcorn Chicken
Sunbutter and Jelly Sandwich (v)

Side Veggie: Green Beans

Breakfast Includes: Choice of entrée listed or selection of cereal with toast or cheese stick, choice of fruit, and milk.

10

Breakfast:

Egg & Cheese Quesadilla (v)

Lunch:

Cheesy Breadsticks with Marinara (v)
Pork Rib-B-Que Sandwich
Ham & Cheese Sandwich

Side Veggie: Baked Beans

11

Breakfast:

Pancake Bites with Cinnamon & Sugar (v)

Lunch:

Mini Cheese Ravioli with WG Roll (v)
Hamburger or Cheeseburger
Veggie Burger (v)

Side Veggie: Oven Baked Fries

12

Breakfast:

Sausage & Cheese Breakfast Sandwich

Lunch:

Orange Chicken Rice Bowl
Baked Corn Dog
Chef Salad with WG Rolls

Side Veggie: Roasted Carrots

13

Breakfast:

Apple Frudel (v)

Lunch:

Macaroni and Cheese (v)
Chicken Burger
Fruit & Yogurt Parfait (v)

Side Veggie: Corn

14

Breakfast:

Scratch-Made French Toast

Lunch:

Chicken Nuggets w/ WG Roll
Homemade Pepperoni Pizza
Cheese Pizza (v)
Baked Corn Dog
Turkey & Cheese Sandwich

Side Veggie: Tater Tots

Lunch Includes: Choice of entrée listed, variety of fruits and vegetables, and milk.

17

Breakfast:

Waffles with Fruit Compote (v)

Lunch:

Chicken Parmesan Sub
Chicken Nuggets with WG Roll
Chef Salad with WG Rolls

Side Veggies: Mixed Vegetables

18

Breakfast:

Turkey Sausage Breakfast Pizza

Lunch:

Breakfast for Lunch: French Toast Sticks and Sausage
Taco Tuesday: Chicken Soft Taco
Italian Sub

Side Veggie: Potato Smiles

19

Breakfast:

Breakfast Bowl with Toast

Lunch:

Sweet & Sour Chicken Rice Bowl
Hot Dog
Turkey Taco Salad with WG Tortilla Chips
Sunbutter & Jelly Sandwich (v)
Side Veggies: Roasted Broccoli and Carrots

20

Breakfast:

Bagels (v)

Lunch:

Cheesy Breadsticks with Marinara (v)
Chicken Taco Nachos
Crispy Chicken Wrap

Side Veggie: Black Beans

21

Breakfast:

WG Cinnamon Roll (v)

Lunch:

Homemade Cheese Pizza (v)
Pepperoni Pizza
American Sandwich
Chicken Caesar Salad with WG Rolls

Side Veggie: Oven Baked Fries

24

Breakfast:

Build Your Own Yogurt Bowl (v)

Lunch:

Chicken Quesadillas
Hamburger or Cheeseburger
Veggie Burger (v)

Side Veggie: Tater Tots

25

Breakfast:

Maple Mini Waffles (v)

Lunch:

Chicken Alfredo Pasta
Chicken Burger
Sunbutter and Jelly Sandwich (v)

Side Veggie: Mixed Vegetable Blend

26

Breakfast:

Ham & Cheese Breakfast Sandwich

Lunch:

Pork Posole with WG Tortilla Chips
Pretzel with Cheese Sauce (v)
Chef Salad with WG Rolls

Side Veggie: Potato Wedges

27

Breakfast:

Fruit & Yogurt Parfait (v)

Lunch:

Turkey Gravy over Mashed Potatoes and WG Rolls
Baked Corn Dog
American Sandwich

Side Veggie: Baked Beans

28

Breakfast:

Muffin Square (v)

Lunch:

Homemade Cheese Pizza (v)
Pepperoni Pizza
Fish & Chips
Ham & Cheese Sandwich

Side Veggie: Carrots



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, National Center for Food Safety and Inspection Service.

liftoffspringground.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>.

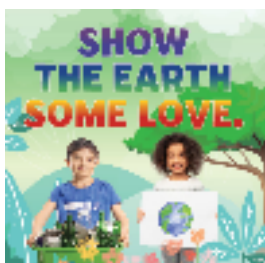
Our food service facility prepares and serves some products which may contain ingredients identified as food allergens. For more information on food allergies, go to <http://www.foodallergy.org/>.

Fresh Pick Recipe

APPLE AND CARROT SAUTÉ

- 1 1/2 tbsp olive oil
- 1/4 onion (small dice)
- 1/2 celery (sliced thin)
- 2 carrots (1" slices)
- 1 cup + 2 tbsp water (or broth)
- 1 1/2 apples (unpeeled & large dice)
- 1 tbsp honey
- 2 tbsp orange juice
- 1 tbsp cornstarch
- salt and pepper to taste
- 2 tbsp parsley (chopped)

1. Prepare ingredients as directed.
2. In medium sauté pan sauté onion and celery in the olive oil for 2 minutes until tender.
3. Add 1 1/2 cups 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.



SCHOOL MEAL PRICES:

Students who are free-priced eligible will receive student meals at no cost
 Student Breakfast \$1.50, Reduced Breakfast \$0.30 All
 Student Lunch \$2.95 Elem, \$3.30 Mid, \$3.55 High, Reduced Lunch \$4.40 All
 Adult Breakfast \$2.45 Adult Lunch \$4.35

*While we prefer to utilize online accounts (pre-deposited money to Student account) to assist in speed of service we also accept Cash, Check and will process deposits for Student accounts.

**PLEASE NOTE: Supply Chain issues may result in unexpected menu changes. We will do everything possible to substitute with similar items, ie- chicken nuggets substitute for chicken strips. We apologize for any inconveniences and thank you for your patience and understanding.

Nutrition Information is available upon request.