

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



1

Breakfast:
Scratch-Made French Toast (v)

Lunch:
Cheese Omelet & Cinnamon Pinwheel (v)
Homemade Pepperoni Pizza
Homemade Cheese Pizza (v)
Turkey & Cheese Sandwich
Side Veggie: Tater Tot Hash

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

4

Breakfast:
Waffles with Fruit Compote (v)

Lunch:
Meatball Marinara Sub
BBQ Chicken Sandwich
Chef Salad with WG Rolls
Side Veggie: Mixed Vegetables

5

Breakfast:
Turkey Sausage Breakfast Pizza

Lunch:
Breakfast For Lunch: French Toast Sticks and Sausage
Taco Tuesday: Chicken Soft Taco
Cheese Quesadilla
Side Veggie: Tater Tots

6

Breakfast:
Pancakes and Syrup

Lunch:
Sweet & Sour Chicken Rice Bowl
Hot Dog
Turkey Taco Salad with WG Tortilla Chips
Side Veggie: Roasted Broccoli & Carrots

7

Breakfast:
Cinnamon Rolls

Lunch:
Cheesy Breadsticks with Marinara (v)
Turkey Taco Nachos
Chicken Quesadillas
Side Veggie: Aztec Corn & Black Beans

8

Breakfast:
WG Cinnamon Roll (v)

Lunch:
Homemade Cheese Pizza (v)
Scratch Made Sloppy Joe
Chicken Caesar Salad with WG Rolls
Side Veggie: Mashed Potatoes

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

11

Breakfast:
Egg & Cheese Quesadilla (v)

Lunch:
Cheesy Breadsticks with Marinara (v)
Ham & Cheese Sandwich
Side Veggie: mixed Vegetables

12

Breakfast:
Mini Maple Waffles (v)

Lunch:
Chicken Alfredo Pasta
BBQ Chicken Burger
Sunbutter and Jelly Sandwich (v)
Side Veggie: Mixed Vegetable Blend

13

Breakfast:
Ham & Cheese Muffin Sandwich

Lunch:
Pretzel with Cheese Sauce (v)
Turkey & Cheese Sandwich
Cheese Quesadilla (v)
Side Veggie: Potato Wedges

14

Breakfast:
Fresh Baked Cinnamon Rolls

Lunch:
Macaroni and Cheese
Chicken Quesadillas
Cheese Quesadillas (V)
Side Veggie: Steamed Veggies

15

Breakfast:
Homemade Fruit Muffin or Muffin Square (v)

Lunch:
Homemade Cheese Pizza (v)
Southwest Chicken Wrap
Ham & Cheese Sandwich
Side Veggie: Roasted Broccoli and Carrots

18

Breakfast:
Waffles with Fruit Compote (v)

Lunch:
Meatball Marinara Sub
BBQ Chicken Sandwich
Chef Salad with WG Rolls
Side Veggie: Mixed Vegetables

19

Breakfast:
Turkey Sausage Breakfast Pizza

Lunch:
Breakfast For Lunch: French Toast Sticks and Sausage
Taco Tuesday: Chicken Soft Taco
Cheese Quesadilla
Side Veggie: Tater Tots

20

Breakfast:
Pancakes and Syrup

Lunch:
Sweet & Sour Chicken Rice Bowl
Hot Dog
Turkey Taco Salad with WG Tortilla Chips
Side Veggie: Roasted Broccoli & Carrots

21

Breakfast:
Cinnamon Rolls

Lunch:
Cheesy Breadsticks with Marinara (v)
Turkey Taco Nachos
Chicken Quesadillas
Side Veggie: Aztec Corn & Black Beans

22

No School

25

Breakfast:
Pancake & Sausage on a Stick

Lunch:
Chicken Teriyaki Rice Bowl
Lasagna Roll-Up with WG Roll (v)
Turkey & Cheese Sandwich
Side Veggie: Roasted Broccoli & Carrots

26

Breakfast:
Pancake Bites with Cinnamon & Sugar (v)

Lunch:
Mini Cheese Ravioli with WG Roll (v)
Hamburger or Cheeseburger
Veggie Burger (v)
Side Veggie: Baked Beans

27

Breakfast:
Sausage & Cheese Breakfast Sandwich

Lunch:
Orange Chicken Rice Bowl
Baked Corn Dog
Chef Salad with WG Rolls
Side Veggie: Roasted Broccoli & Carrots

28

Breakfast:
Apple Frudel (v)

Lunch:
Macaroni & Cheese (v)
Chicken Burger
Garden Salad with WG Roll (v)
Side Veggie: Aztec Corn

29

Breakfast:
Scratch-Made French Toast (v)

Lunch:
Cheese Omelet & Cinnamon Pinwheel (v)
Homemade Pepperoni Pizza
Homemade Cheese Pizza (v)
Turkey & Cheese Sandwich
Side Veggie: Tater Tot Hash

(v) = meatless option

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

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/2015-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 foodservice 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 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.

SCHOOL MEAL PRICES:

BREAKFAST: REDUCED MEALS AT NO COST PAID: ES \$0.00 MS: \$0.00 HS: \$0.00
LUNCH: REDUCED MEALS AT NO COST PAID: ES: \$0.00 MS: \$0.00 HS: \$0.00

All meals for the 2021-2022 school year are FREE for all students!

Nutrition Information is available upon request.