

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



TAKE THE EARTH MONTH CHALLENGE
April is Earth Month

Try to not use plastic straws or plastic bags all month long. Saying no to plastic straws and bags is a small step that can go a long way in saving our oceans.

2

Spring Break
School Closed

3

Spring Break
No School

4

Spring Break
No School

5

Cheese Pizza
Celery Sticks

Offered Daily 4/1-4/5: Ham & Cheese Sandwich, Cereal Bag, Peanut Butter & Jelly Sandwich

8

Baked Chicken
w/ Dinner Roll
Cinnamon Sweet Potatoes

9

Chicken Patty Sandwich
Seasoned Steamed Corn

10

Cheeseburger
Green Beans

11

Popcorn Chicken Bowl
Cooked Corn & Mashed Potatoes

12

Cheese Pizza
Side Garden Salad
Bell Pepper Sticks

Offered Daily 4/8-4/12: Deli Stacker Bento Box, Ham & Cheese Sandwich, Peanut Butter & Jelly Sandwich

15

Hot Diggity Dog
Sweet Potato Fries

16

Taco Tuesday:
Beef Tacos
Refried Beans

17

Pasta
w/ meat sauce
Roasted Broccoli & Peppers

18

General Tso's Chicken
w/ brown rice
Roasted Green Beans

19

Cheese Pizza
Side Garden Salad
Cucumber Coins

Offered Daily 4/15-4/19: Pepperoni & Cheese Boat, Turkey & Cheese Sandwich, Peanut Butter & Jelly Sandwich

22

Chicken Nuggets
w/ dinner roll
Citrus Glazes Carrots

23

Hometown Corn Dog Bites
Tater Tots

24

Cheeseburger
Mixed Vegetables

25

Crispy Breaded Drumstick
w/ cheesy grits
Vegetarian Baked Beans

26

Cheese Pizza
Side Garden Salad
Spotlight Vegetable
Carrot Sticks

Offered Daily 4/22-4/26: Egg & Muffin Bento Box, Ham & Cheese Sandwich, Peanut Butter & Jelly Sandwich

29

Hot Diggity Dog
Seasoned Carrot Coins

30

Beefy Mac & Cheese
3 Bean Salad

All lunches include a variety of fresh fruit, chilled fruit cup, and choice of milk (skim or 1%)

Menu Subject to Change

April Is Show the Earth Some Love

Vegetable Spotlight
Carrots



freshpick
for better health
-2020-2021

Offered Daily 4/29-5/3: Pizza Bento Box, Turkey & Cheese Sandwich, Peanut Butter & Jelly Sandwich

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

OVEN ROASTED BROCCOLI WITH PANKO (SERVES 4)

- 1 tablespoon garlic (raw)
- 2 tablespoons fresh basil (chopped)
- 2 cups fresh broccoli (cooked)
- 1/2 cup canned tomato (diced)
- 2 tablespoons canola/olive oil blend
- 1/8 teaspoon black pepper (ground)
- 1 tablespoon Italian seasoning
- 2 tablespoons panko bread crumbs
- 2 tablespoons grated Parmesan cheese

1. Chop garlic.
2. Wash basil and pat dry. Pull leaves off of stem and roughly chop.
3. Chop broccoli.
4. Drain tomatoes.
5. Lightly coat broccoli, chopped garlic and diced tomatoes with oil, Italian seasoning and pepper. Spread out on parchment lined sheet pan.
6. Bake in 450°F standard (conventional) oven for 10 minutes and broccoli is tender.
7. Sprinkle broccoli mixture with Panko and bake 5 more minutes.
8. Carefully transfer broccoli mixture to serving pan. Garnish with Parmesan cheese and basil.

NUTRITION FACTS:
395 calories, 10g fat,
197mg sodium, 3g fiber



Nutrition Information is available upon request.