

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

Spud Bowl
Chef Salad
Cheese Pizza
Fruit
Veggie
Milk

2

Soft Chicken Taco
Chef Salad
Cheese Pizza
Fruit
Veggie
Milk

3

Hot Dog
Chef Salad
Cheese Pizza
Fruit
Veggie
Milk

4

Chicken Patty Sandwich
Chef Salad
Cheese Pizza
Fruit
Veggie
Milk

5

Fruit and Yogurt Plate
Chef Salad
Cheese Pizza
Fruit
Veggie
Milk

All Entree Salads come with Dinner Roll

8

No School-Eclipse

9

Beef and Cheese Nachos
Taco Salad
Cheese Pizza
Fruit
Veggie
Milk

10

French Toast w/Sausage
Taco Salad
Cheese Pizza
Fruit
Veggie
Milk

11

Chicken Nuggets w/Roll
Taco Salad
Cheese Pizza
Fruit
Veggie
Milk

12

Chicken And Cheese Quesadilla
Taco Salad
Cheese Pizza
Fruit
Veggie
Milk

15

Corn Dog
Popcorn Chicken Salad
Cheese Pizza
Fruit
Veggie
Milk

16

Mozzarella Breadsticks
Popcorn Chicken Salad
Cheese Pizza
Fruit
Veggie
Milk

17

Meatball Hoagie
Popcorn Chicken Salad
Cheese Pizza
Fruit
Veggie
Milk

18

Hot Dog
Popcorn Chicken Salad
Cheese Pizza
Fruit
Veggie
Milk

19

BBQ Chicken Sandwich
Popcorn Chicken Salad
Cheese Pizza
Fruit
Veggie
Milk

22

Walking Taco
Peppi Pizza Salad
Cheese Pizza
Fruit
Veggie
Milk

23

Chicken Tenders/Roll
Peppi Pizza Salad
Cheese Pizza
Fruit
Veggie
Milk

24

Cheeseburger
Peppi Pizza Salad
Cheese Pizza
Fruit
Veggie
Milk

25

Mozzarella Breadsticks
Peppi Pizza Salad
Cheese Pizza
Fruit
Veggie
Milk

26

Grilled Cheese Sandwich
Peppi Pizza Salad
Cheese Pizza
Fruit
Veggie
Milk

29

Chicken Patty Sandwich
BBQ Chicken Salad
Cheese Pizza
Fruit
Veggie
Milk

30

Beef and Cheese Nachos
BBQ Chicken Salad
Cheese Pizza
Fruit
Veggie
Milk

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.

liftoffsplayground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Frudel Cereal & String Cheese Fruit Milk	Pancake Minis Nutrigrain Bar and Graham Crackers Fruit Milk	Bagelfrul Cereal and Graham Cracker Fruit Milk	Muffin & String Cheese Bagel & Cream Cheese Fruit Milk	Ultimate Breakfast Round Poptart & Graham Crackers Fruit Milk
No School	French Toast Minis Nutrigrain & Graham Crackers Fruit Milk	Breakfast Pizza Cereal & Graham Crackers Fruit Milk	Muffin & String Cheese Bagel & Cream Cheese Fruit Milk	Ultimate Breakfast Round Poptart & Graham Crackers Fruit Milk
Frudel Cereal Bar & String Cheese Fruit Milk	Waffle Minis Nutrigrain & Grahams Fruit Milk	Benefit Bar Cereal & Grahams Fruit Milk	Muffin & String Cheese Bagel & Cream Cheese Fruit Milk	Cinnamon Bun Poptart & Graham Crackers Fruit Milk
Mini Cinni Cereal Bar & String Cheese Fruit Milk	Pancake Minis Nutrigrain & Grahams Fruit Milk	Bagelfrul Cereal & Graham Crackers Fruit Milk	Muffin & String Cheese Bagel & Cream Cheese Fruit Milk	Chocolate Crescent Poptart & Graham Crackers Fruit Milk
Frudel Cereal Bar & String Cheese Fruit milk	French Toast Minis Nutrigrain & Graham Crackers Fruit Milk	Breakfast Pizza Cereal & Graham Crackers Fruit Milk	Muffin & String Cheese Bagel & Cream Cheese Fruit Milk	Waffle Minis Poptart & Graham Crackers Fruit Milk

Fresh Pick Recipe

EGG WHITE OMELETTE WITH SPINACH OR CHARD (MAKES 1 OMELETTE)

- 1 teaspoon olive oil
- 2 cups spinach or chard leaves
- pepper (freshly milled)
- 3 egg whites, beaten with 1/2 teaspoon chopped marjoram or chives

1. In a small nonstick skillet, heat one teaspoon of oil.
2. Add the spinach or chard, and cook until it's wilted.
3. Season with salt and pepper, then move to a plate.
4. Add the second teaspoon of oil to the pan, then pour in the whites. Tilt the pan to spread them out, then cook over medium heat until they're set.
5. Season with a pinch of salt and pepper, arrange the spinach over 1/3 of the eggs, then gently prod the eggs over to make a rolled omelette.

Don't forget, we don't have school on April 8th. Enjoy the eclipse!

Nutrition Information is available upon request.