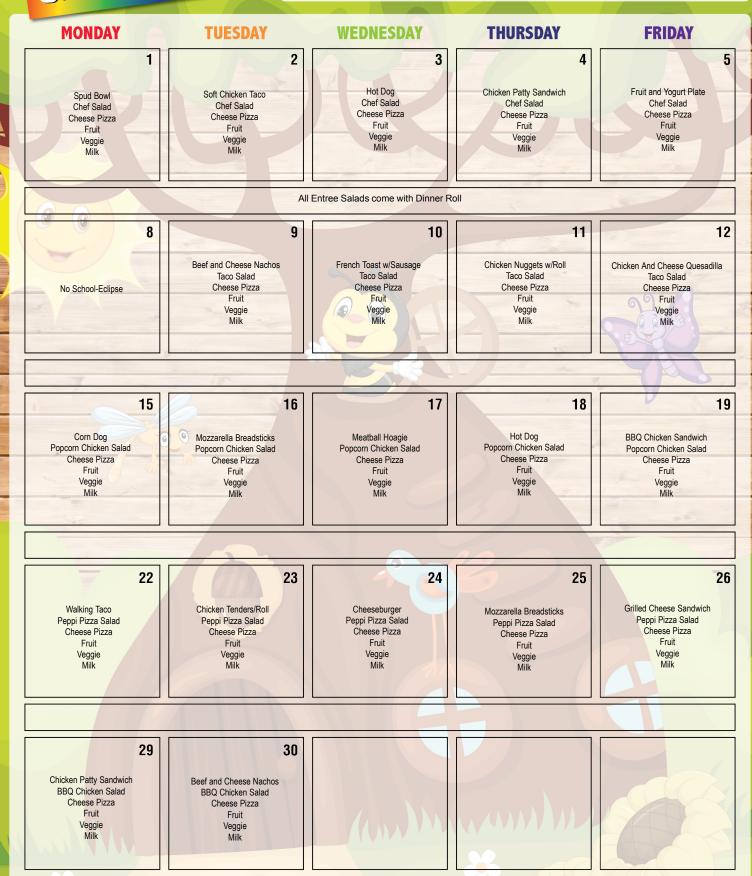


## Wilmington Elementary Schools





## **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.



odexo 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	Bagelful 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
- 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.
- 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.
- 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!

