

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

**1**

**Breakfast:**  
French Toast Stick w/ Scrambled Eggs (v)

**Lunch:**  
Choice of Cheeseburger or Hamburger  
Turkey Tot'chos w/ Tortilla Chips  
Turkey & Cheese Sandwich  
Featured Side: Roasted Broccoli

**2**

**Breakfast:**  
Sausage Breakfast Pizza

**Lunch:**  
Glazed Chicken Drumstick w/ WG Rolls  
Turkey Soft Taco  
Chef Salad w/ WG Rolls  
Sunbutter & Jelly Sandwich (v)  
Featured Side: Potato Wedges

**3**

**Breakfast:**  
Potato, Egg, & Ham Breakfast Bowl w/ Toast

**Lunch:**  
*Big City Bites New Orleans featuring*  
Chicken Po' Boy Sandwich  
Hot Dog  
Ham & Cheese Sandwich  
Blueberry Patch Parfait (v)  
Featured Side: Baked Beans (v)

**4**

**Breakfast:**  
Egg & Sausage Breakfast Burrito

**Lunch:**  
Crispy Chicken Burger  
Spaghetti w/ Meaty Marinara  
Chicken Caesar Salad w/ WG Rolls  
Italian Stacker  
Featured Side: Roasted Broccoli & Carrots

**5**

**Breakfast:**  
Iced Whole Grain Cinnamon Roll (v)

**Lunch:**  
Cheese (v) or Pepperoni Pizza  
Chicken & Waffles  
Grilled Cheese Sandwich (v)  
American Sub Sandwich

Breakfast Includes: Choice of entrée, choice of fruit(s), and low-fat or fat-free milk.

**8**

**Breakfast:**  
Sausage Pancake on a Stick

**Lunch:**  
Cheeseburger  
Teriyaki Chicken over Brown Rice  
Turkey & Cheese Sandwich  
Sunbutter & Jelly Sandwich (v)  
Featured Side: Roasted Broccoli & Carrots

**9**

**Breakfast:**  
Apple Frudel (v)

**Lunch:**  
Crispy Chicken Burger  
Brunch for Lunch: Pancakes w/ Sausage  
Fruit & Yo To-Go Box (v)  
Chef Salad w/ WG Rolls  
Featured Side: Baked Cinnamon Raisin Applesauce

**10**

**Breakfast:**  
Egg & Cheese English Muffin (v)

**Lunch:**  
Bean & Cheese Nachos (v)  
BBQ Chicken Sandwich  
Italian Sub Sandwich

**11**

**Breakfast:**  
Whole Grain Pancake w/ Scrambled Eggs (v)

**Lunch:**  
Crispy Chicken Nuggets w/ WG Roll  
Homestyle Baked Penne Pasta (v)  
American Sandwich  
Double Berry Parfait (v)  
Featured Side: Seasoned Green Beans

**12**

**Breakfast:**  
Freshly Baked Banana Muffin Top (v)

**Lunch:**  
Cheese Pizza (v) or Pepperoni Pizza  
Fish Po'boy Sub w/ Southwest Slaw  
Poppin' Chicken Salad w/ WG Roll  
EZ Pizza Box  
Featured Side: Roasted Mixed Veggies

Daily Breakfast Entrées: Choice of Bagel w/ Cream Cheese, Variety of Whole Grain Cereals w/ Wheat Toast or Mozzarella String Cheese, or Maple Brown Sugar Oatmeal

**15**

**Breakfast:**  
Cinnamon Sugar Pancake Bites (v)

**Lunch:**  
Pork Rib-b-Que Sandwich Cheesy Breadsticks w/ Marinara Fruit & Yo To-Go Box (v)  
Ham & Cheese Sandwich  
Featured Side: Baked Beans (v)

**16**

**Breakfast:**  
Egg & Cheese Quesadilla (v)

**Lunch:**  
Choice of Cheeseburger, Hamburger  
Cheese Raviolis w/ WG Roll (v)  
Deli Stackables  
Featured Side: Roasted Mixed Vegetables

**17**

**Breakfast:**  
Sausage Biscuit Sandwich

**Lunch:**  
*Big City Bites New Orleans featuring*  
Chicken Po' Boy Sandwich  
Corn Dog  
Sunbutter & Jelly Sandwich (v)  
Featured Side: Roasted Broccoli & Carrots

**18**

**Breakfast:**  
Blueberry Patch & Granola Parfait (v)

**Lunch:**  
Crispy Chicken Burger  
Creamy Mac & Cheese (v)  
Peachy Parfait (v)  
Fresh Garden Salad w/ WG Rolls (v)

**19**

**Breakfast:**  
Homemade French Toast w/ Scrambled Eggs (v)

**Lunch:**  
Cheese Pizza (v) or Pepperoni Pizza  
Taco Burger  
Turkey & Cheese Sandwich  
Featured Side: Sweet Potato Fries

Lunch Includes: Choice of entrée, variety of inviting fruits and vegetables, and low-fat or fat-free milk.

**22**

**Breakfast:**  
Waffles w/ Scrambled Eggs (v)

**Lunch:**  
Crispy Chicken Nuggets w/ WG Roll  
Saucy Meatball Sub  
Chef Salad w/ WG Rolls  
American Sandwich  
Featured Side: Roasted Mixed Veggies

**23**

**Breakfast:**  
Sausage Breakfast Pizza

**Lunch:**  
Brunch for Lunch: French Toast Sticks w/ Sausage  
Turkey Soft Taco  
Italian Sub Sandwich  
Strawberry Fields Parfait (v)

**24**

**Breakfast:**  
Potato, Egg, & Ham Breakfast Bowl w/ Wheat Toast

**Lunch:**  
Ballpark Hot Dog  
Sweet & Sour Chicken Rice Bowl  
Sunbutter & Jelly Sandwich (v)  
Chef Salad w/ WG Rolls  
Featured Side: Roasted Broccoli & Carrots

**25**

**Breakfast:**  
Oven Baked Oats (v)

**Lunch:**  
Cheesy Breadsticks w/ Marinara (v)  
Southwest-Style Nachos  
Pinwheel Party Box  
Featured Side: Roasted Corn

**26**

**Breakfast:**  
Iced Whole Grain Cinnamon Roll (v)

**Lunch:**  
Cheese (v) or Pepperoni Pizza  
Homemade Beefy Sloppy Joe  
Chicken Caesar Salad w/ WG Rolls  
Scratch-Prepared Hummus Snack Pack (v)  
Featured Side: Potato Wedges

Vegetarian items marked with (v)

**29**

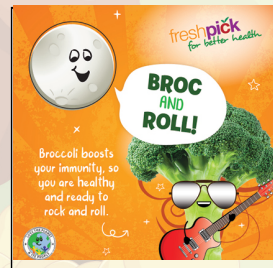
**Breakfast:**  
Build-Your-Own Fruit & Yogurt Bowl (v) or Fruit & Yogurt Parfait (v)

**Lunch:**  
Bean & Cheese Burrito (v)  
Choice of Hamburger or Cheeseburger  
Breakfast Protein Power-Up (v)

**30**

**Breakfast:**  
Mini Maple Waffles (v)

**Lunch:**  
Crispy Chicken Burger  
Chicken Alfredo Pasta  
Peppi Pizza Salad w/ WG Rolls  
Sunbutter & Jelly Sandwich (v)  
Featured Side: Roasted Mixed Veggies



\*\*\*\*MENU ITEMS SUBJECT TO CHANGE DUE TO PRODUCT SHORTAGES\*\*\*\*

## 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.

[liftoffisplayground.com](http://liftoffisplayground.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](http://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

#### GREEN SALAD WITH CANTELOUPE

- 4 C Romaine (1" slice)
- 2 C Canteloupe (medium dice)
- ½ Cucumber (peeled/sliced thin in rounds)
- ¼ C onion (sweet/sliced thin)
- 1 T Lime juice
- 2 T Oil (light)
- ¼ t Honey
- Salt and pepper to taste
- 1 ½ T fresh mint or parsley for garnish

1. Prepare ingredients as directed.
2. Place the lettuce leaves on a medium platter.
3. In medium bowl add canteloupe, cucumber, and onion.
4. In small bowl mix lime juice, oil and honey.
5. Pour dressing on the canteloupe mixture.
6. Add salt and pepper to taste. Spoon canteloupe mixture onto the lettuce. Garnish with mint or parsley.



#### SCHOOL MEAL PRICES:

Students who are reduce-priced ELIGIBLE will receive student meals at no cost.

#### BREAKFAST:

**PAID:** \$1.60 MS: \$1.85 HS: \$1.85 Adult \$3.00

#### LUNCH:

**PAID:** \$2.65 MS: \$3.20 HS: \$3.45 Adult \$4.35 Milk \$ .75

Nutrition Information is available upon request.

