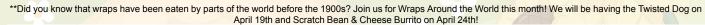


Cotteral and Central Elementary School







Plants Are the Backbone of Life on Earth

Our everyday life depends on plants in so many ways. Let's review some of the special purposes of plants on Earth:

- Food: Everything we eat comes directly or indirectly from plants. Throughout human history, approximately 7,000 different plant species have been used as food by people.
- Water: Plants regulate the water cycle: they help distribute and purify the planet's water. They also help move water from the soil to the atmosphere through a process called transpiration.
- 3. <u>Medicine:</u> One-quarter of all prescription drugs come directly from or are derivatives of plants.
- 4. <u>Air:</u> Oxygen is brought to you by plants, as a by-product of photosynthesis.
- 5. <u>Habitat:</u> Species of fish and wildlife depend on plants for food and shelter.
- 6. <u>Climate:</u> Plants store carbon, and have helped keep much of the carbon dioxide produced from the burning of fossil fuels out of the atmosphere.

Source: Botanic Gardens Conservation International. http://www.bgci.org/plantconservationday/index/



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
April 2 Sausage Biscuit Mini Donuts Diced Peaches	April 3 Pancake Sausage Wrap Chocolate Muffin Orange Smiles	April 4 Breakfast Pizza Nutrigrain Bar Bananas	April 5 Cheesy Omelet Mini Cinnamon Rolls Mixed Fruit	April 6 Biscuit & Gravy Yogurt & Goldfish Graham Cracker Diced Pears
April 9 Honey Glazed Chicken Biscuit Blueberry Muffin Diced Peaches	April 10 Pancakes Cereal Bar Orange Smiles	April 11 Breakfast Pizza Yogurt & Goldfish Graham Cracker Bananas	April 12 Egg and Cheese Breakfast Sandwich Mini Donuts Mixed Fruit	April 13 Biscuit & Gravy Nutrigrain Bar Diced Pears
April 16 Pancake Sausage Wrap Yogurt & Goldfish Graham Cracker Diced Pears	April 17 Cheesy Omlet Cereal Bar Orange Smiles	April 18 Breakfast Pizza Bagel & Cream Cheese Bananas	April 19 Egg & Cheese Biscuit Pop Tart Orange Smiles	April 20 Biscuit & Gravy Mini Cinnamon Rolls Diced Pears
April 23 Sausage Biscuit Yogurt & Goldfish Graham Cracker Diced Peaches	April 24 Breakfast Taco Mini Donuts Orange Smiles	April 25 Breakfast Pizza Bagel & Cream Cheese Bananas	April 26 Cheesy Omelet Pop Tart Mixed Fruit	April 27 Biscuit & Gravy Chocolate Muffin Diced Pears
April 30 Egg & Cheese Bagel Sandwich Nutrigrain Bar Diced Peaches				

Fresh Pick Recipe

BAKED CHICKEN WITH GRAPES

- 1 Chicken (cut in 10 pieces)
- 1 cup Chicken broth
- 1 Onion (sliced in wedges)
- 1 T Olive oil
- 1-2 t dried sage(can substitute with fresh)
- · Salt and pepper to taste
- 3 cups Grapes
- 1. Prepare all ingredients as directed.
- 2. Preheat oven to 400 degrees.
- Place the chicken pieces in medium baking pan. Pour chicken broth around the chicken and add the onion wedges.
- Brush the top side of the chicken with the olive oil. Sprinkle the dried sage on the chicken and salt and pepper to taste.
- 5. Place in oven for 20 minutes.
- 6. Remove from oven and add the grapes to the pan.
- 7. Roast chicken and grapes for another 15-20 minutes or until the chicken is done.
- 8. Serve with rice.



What is a reimbursable meal?

To qualify for a reimbursable lunch, each student must select at least 3 of the 5 components offered. One selection must be a fruit or vegetable. Meal components include fruits, vegetables, grains, meat/meat alternative, and milk.