

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2

Italian Dunkers (V)

Western Baked Beans & Pineapple Tidbits

3

Bean & Cheese Nachos (V)

Green Peas & Diced Peaches
Mini Rice Krispies Treat!

4

Chicken Nuggets with Dinner Roll

Creamy Mashed Potatoes & Sliced Apples

5

Savory Spaghetti & Meatsauce

Groovy Green Beans & Applesauce

6

Pepperoni Pizza

Mixed Vegetables & Mixed Fruit

Denotes a vegetarian friendly item (V). Variety of fat free and low fat milk are offered daily.
Lunch Prices: Paid: \$2.60 Reduced: \$0.40 District Adult: \$3.25 Adult: 4.00

9

Goey Grilled Cheese (V)

Groovy Green Beans & Pineapple Tidbits

10

Corndog

Mixed Vegetables & Diced Peaches
PURPLE UP DAY!
Freshly Baked Cookie

11

Chicken & Waffles

Potato Smiles & Apple Slices

12

Beef Fingers with Dinner Roll

Seasoned Carrots & Applesauce

13

Cheese Pizza (V)

Western Baked Beans & Mixed Fruit

**On Tuesday, April 10th, we will celebrate the month of the military child with a Purple Up Day!

16

Charbroiled Cheeseburger

Mixed Vegetables & Orange Smiles

17

Crispy Chicken Sandwich

Tater Tots & Diced Peaches
Freshly Baked Cookie!

18

Chicken Nuggets with Roll

Creamy Mashed Potatoes & Gravy, Apple Slices

19

**Twisted Dog

Refried Beans & Applesauce

20

Cheese Pizza (V)

Green Peas & Mixed Fruit
Dirt Dessert!

**Join us on April 20th for some delicious dirt dessert to celebrate the upcoming Earth Day on April 22nd!

23

Macaroni & Cheese (V)

Sweet Glazed Carrots & Pineapple Tidbits

24

Frito Chili Pie

Mixed Vegetables & Diced Peaches
Mini Rice Krispies Treat

25

Chicken Nuggets with Dinner Roll

Creamy Mashed Potatoes & Gravy, Apple Slices

26

Bean & Cheese Nachos (V)

Groovy Green Beans & Fresh Bananas
Pretzels!

27

Pepperoni Pizza

Western Baked Beans & Mixed Fruit

**April 26th is National Pretzel Day!

30

Crispy Chicken Sandwich

Roasted Corn & Orange Smiles

31

Scratch Bean & Cheese Burrito

31

Twisted Dog

31

Twisted Dog



**Did you know that wraps have been eaten by parts of the world before the 1900s? Join us for Wraps Around the World this month! We will be having the Twisted Dog on April 19th and Scratch Bean & Cheese Burrito on April 24th!

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:

1. **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.
2. **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. **Medicine:** One-quarter of all prescription drugs come directly from or are derivatives of plants.
4. **Air:** Oxygen is brought to you by plants, as a by-product of photosynthesis.
5. **Habitat:** Species of fish and wildlife depend on plants for food and shelter.
6. **Climate:** 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/>



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 |
|--|--|---|---|--|
| 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 Omelet 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.
3. Place the chicken pieces in medium baking pan. Pour chicken broth around the chicken and add the onion wedges.
4. 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.