

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

Strawberry Banana Parfait with String Cheese (V)
Rib-b-que Sandwich
Italian Dunkers (V)

Western Baked Beans, Garden Salad, Baby Carrots, Pineapple Tidbits & Orange Smiles

2

Kidzable: Turkey & Mozzarella Cheesy Chicken Spaghetti
Mesquite Glazed Drumstick & Roll

Green Peas, Celery Sticks, Caesar Salad, Diced Peaches
Mini Rice Krispies Treat!

3

Ham & Cheese Sandwich on Whole Wheat Bread
Chicken Fried Steak Sandwich
Chicken Nuggets with Dinner Roll

Whipped Potatoes & Gravy, Baby Carrots, Garden Salad, Diced Pears & Apple Slices

4

Kidzable: Italian Corn Dog
French Toast Sticks with Scrambled Eggs & Sausage

Groovy Green Beans, Fresh Broccoli, Caesar Salad, Applesauce & Bananas

5

Sunbutter & Jelly Sandwich on Whole Wheat Bread (V)
Frito Chili Pie
Pepperoni Pizza

Seasoned Mixed Vegetables, Celery Sticks, Garden Salad, Mixed Fruit & Orange Smiles

(V) Denotes a vegetarian friendly item. Variety of fat free and low fat milk are offered daily.

8

Blueberry Patch Parfait with String Cheese(V)
Charbroiled Cheeseburger
Zesty Orange Chicken with Brown Rice

Groovy Green Beans, Baby Carrots, Garden Salad, Pineapple Tidbits & Orange Smiles

9

Kidzable: Ham & Cheese Beefy Nachos
Steak fingers

Mashed Potatoes & Gravy, Celery Sticks, Diced Peaches
Freshly Baked Cookie!

10

Terrific Turkey & Cheese Sandwich on Whole Wheat Bread
Creamy Macaroni & Cheese (V)
Chicken & Waffles

Emoji Potatoes, Fresh Broccoli, Garden Salad, Diced Pears & Sliced Apples

11

Kidzable: Turkey & Mozzarella Home Run Hot Dog
Chicken Enchilada Suiza

Seasoned Carrots, **Fresh Cauliflower, Caesar Salad, Applesauce & Fresh Bananas

12

Sunbutter & Jelly Sandwich (V)
**Goopy Grilled Cheese (V)
Pepperoni Pizza

Western Baked Beans, Fresh Broccoli, Garden Salad, Mixed Fruit & Orange Smiles

**Celebrate National Grilled Cheese Day with us on April 12th!

15

Double Berry Parfait with String Cheese (V)
Crispy Chicken Sandwich
Savory Spaghetti & Meatballs

Mixed Vegetables, Garden Salad, Baby Carrots, Pineapple Tidbits & Orange Smiles

16

Kidzable: Ham & Cheese Cheesy Omelet with Toast (V)
Hamburger

Tater Tots, Caesar Salad, Broccoli, Diced Peaches
Freshly Baked Cookie!

17

Terrific Turkey & Cheese Sandwich
Rib-b-que Sandwich
Chicken Nuggets with Dinner Roll

Whipped Potatoes & Country Gravy, Garden Salad, Baby Carrots, Diced Pears & Sliced Apples
**Purple Up Day!*

18

Kidzable: Protein Power!
Goopy Grilled Cheese Sandwich (V)
Giant Beef Taco with Spanish Rice

Pinto Beans, Caesar Salad, Broccoli, Applesauce

19

Sunbutter & Jelly Sandwich (V)
Oklahoma Twister Dog
Cheese Pizza (V)

Green Peas, Celery Sticks, Garden Salad, Mixed Fruit & Orange Smiles

April is Month of the Military Child! Join us on April 17th for Purple Up Day while we recognize our military children and families!

22

Strawberry Fields Parfait with String Cheese (V)
Mexi-Chicken Nachos
Charbroiled Cheeseburger

Seasoned Carrots, Garden Salad, Celery Sticks, Pineapple Tidbits & Orange Smiles
Dirt Dessert!

23

Kidzable: Turkey & Mozzarella Italian Dunkers
Sloppy Joe

Mixed Vegetables, Caesar Salad, Baby Carrots & Diced Peaches

24

Ham & Cheese Sandwich on Whole Wheat Bread
Corn Dog
Chicken Nuggets with Dinner Roll

Whipped Potatoes & Country Gravy, Garden Salad, Fresh Broccoli, Diced Pears & Sliced Apples

25

Kidzable: Italian Hearty Chili & Homemade Cornbread
Pancakes, Scrambled Eggs & Sausage

Groovy Green Beans, Caesar Salad, Baby Carrots, Applesauce & Fresh Bananas
Mini Rice Krispie Treat!

26

Sunbutter & Jelly Sandwich on Whole Wheat Bread (V)
Creamy Macaroni & Cheese (V)
Pepperoni Pizza

Western Baked Beans, Garden Salad, Mixed Fruit & Orange Smiles

**Join us on April 22nd to celebrate Earth Day with some delicious Dirt Dessert!*

29

Just Peachy Parfait and String Cheese(V)
Grilled Chicken Stacker
Walking Nachos

Roasted Corn, Garden Salad, Baby Carrots, Pineapple Tidbits & Orange Smiles

30

Kidzable: Ham & Cheese Bean & Cheese Burrito (V)
Chicken Fried Steak Sandwich

Groovy Green Beans, Caesar Salad, Fresh Broccoli & Diced Peaches

Lunch Prices: Full:\$2.70 Reduced: \$1.30 Faculty: \$3.35 Guest: \$4.00

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.

www.liftoffsplyground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
April 1 Sausage Biscuit Whole Grain Glazed Donut Diced Peaches	April 2 Pancake Sausage Wrap Whole Grain Chocolate Muffin Orange Smiles	April 3 Breakfast Pizza Apple Cinnamon NutriGrain Bar Bananas	April 4 Cheesy Omelet Whole Grain Cinnamon Roll Mixed Fruit	April 5 Breakfast Taco Yogurt & Goldfish Graham Cracker Diced Pears
April 8 Honey Glazed Chicken Biscuit Whole Grain Banana Muffin Diced Peaches	April 9 Pancakes Hard Boiled Egg Orange Smiles	April 10 Sausage Breakfast Pizza Yogurt & Goldfish Graham Cracker Mixed Fruit	April 11 Egg & Cheese Breakfast Sandwich Whole Grain Cinnamon Sugar Donut Mixed Fruit	April 12 Biscuit & Gravy Strawberry NutriGrain Bar Diced Pears
April 15 Honey Glaze Chicken Biscuit Soft Cinnamon Toast Crunch Bar Diced Peaches	April 16 French Toast Sticks Yogurt & Goldfish Graham Cracker Orange Smiles	April 17 Sausage Breakfast Pizza Blueberry Muffin Bananas	April 18 Breakfast Taco Whole Grain Cinnamon Roll Mixed Fruit	April 19 Biscuit & Gravy Strawberry NutriGrain Bar Diced Pears
April 22 Sausage Biscuit Glazed Whole Grain Donut Diced Peaches	April 23 Pancake Sausage Wrap Double Chocolate Muffin Orange Smiles	April 24 Breakfast Pizza Apple Cinnamon NutriGrain Bar Bananas	April 25 Cheesy Omelet Whole Grain Cinnamon Roll Mixed Fruit	April 26 Breakfast Taco Yogurt & Goldfish Graham Cracker Diced Pears
April 29 Honey Glazed Chicken Biscuit Banana Muffin Diced Peaches	April 30 Pancakes Hard Boiled Egg Orange Smiles			

Fresh Pick Recipe

CAULIFLOWER SQUASH BAKE

- 1 Butternut squash (medium/peeled/ large dice)
- 1 Cauliflower (florets separated)
- 1 Onion (small/sliced thin)
- Salt and pepper to taste
- 2 T Olive Oil
- 1 T lemon juice
- 1 c Cherry tomatoes

1. Prepare all ingredients as directed.
2. Preheat oven to 400 degrees.
3. On a large baking sheet, place the squash, cauliflower, and onion.
4. Mix the olive oil with the lemon juice and drizzle on the vegetables.
5. Add salt and pepper to taste.
6. Place in oven and bake for 20 minutes.
7. Stir the vegetables and add the tomatoes.
8. Place back in the oven for 5 minutes or until vegetables are crisp/ tender.



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.

Nutrition Information is available upon request.

