

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2	3	4	5	6
<p>Classic Ham & Cheese Sandwich Crispy Chicken Sandwich Italian Dunkers (V)</p> <p>Western Baked Beans, Baby Carrots, Garden Salad, Pineapple Tidbits & Orange Smiles</p>	<p>Sunbutter & Jelly Sandwich Cheesy Chicken Spaghetti Bean & Cheese Nachos (V)</p> <p>Green Peas, Caesar Salad, Celery Sticks, Diced Peaches & Bananas *Mini Rice Krispies Treat!*</p>	<p>Kidzable: Ham & Cheese Hotdog Chicken Nuggets with Dinner Roll</p> <p>Creamy Mashed Potatoes, Garden Salad, Baby Carrots, Diced Pears & Sliced Apples</p>	<p>All American Sandwich on Whole Wheat Bread Pancakes, Scrambled Eggs & Sausage Savory Spaghetti & Meatballs</p> <p>Groovy Green Beans, Fresh Broccoli, Caesar Salad, Applesauce & Fresh Grapes</p>	<p>Strawberry Banana Parfait with String Cheese (V) Macaroni & Cheese (V) Pepperoni Pizza</p> <p>Mixed Vegetables, Celery Sticks, Garden Salad, Mixed Fruit & Orange Smiles</p>

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	10	11	12	13
<p>Classic Ham & Cheese Sandwich Goopy Grilled Cheese (V) Zesty Orange Chicken with Brown Rice</p> <p>Groovy Green Beans, Baby Carrots, Garden Salad, Pineapple Tidbits & Orange Smiles</p>	<p>Sunbutter & Jelly Sandwich (V) Cheese Ravioli with Breadstick (V) Corn dog</p> <p>Mixed Vegetables, Celery Sticks, Caesar Salad, Diced Peaches **PURPLE UP DAY!** *Freshly Baked Cookie*</p>	<p>Kidzable: Build Your Own Pizza Charbroiled Cheeseburger Chicken & Waffles</p> <p>Potato Smiles, Fresh Broccoli, Garden Salad, Diced Pears & Apple Slices</p>	<p>All American Sandwich on Whole Wheat Bread Beef Fingers with Dinner Roll Chicken Nachos</p> <p>Seasoned Carrots, Celery Sticks, Caesar Salad, Applesauce & Fresh Bananas</p>	<p>Blueberry Patch Parfait with String Cheese(V) Mesquite Glazed Drumstick with Dinner Roll Cheese Pizza (V)</p> <p>Western Baked Beans, Fresh Broccoli, Garden Salad, Mixed Fruit & Orange Smiles</p>

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

16	17	18	19	20
<p>Classic Ham & Cheese Sandwich Charbroiled Cheeseburger Spaghetti & Meat Sauce with Breadstick</p> <p>Mixed Vegetables, Baby Carrots, Garden Salad, Pineapple Tidbits & Orange Smiles</p>	<p>Sunbutter & Jelly Sandwich (V) Crispy Chicken Sandwich Cheddar Omelet & Toast (V)</p> <p>Tater Tots, Fresh Broccoli, Caesar Salad, Diced Peaches & Fresh Bananas *Freshly Baked Cookie!*</p>	<p>Kidzable: Ham & Cheese Frito Chili Pie Chicken Nuggets with Roll</p> <p>Creamy Mashed Potatoes & Gravy, Baby Carrots, Garden Salad, Diced Pears & Apple Slices</p>	<p>All American Sandwich on Whole Wheat Bread **Twisted Dog Beef Taco with Spanish Rice</p> <p>Refried Beans, Fresh Broccoli, Caesar Salad, Applesauce & Fresh Grapes</p>	<p>Double Berry Parfait with String Cheese (V) Beefy Mac with Breadstick Cheese Pizza (V)</p> <p>Green Peas, Celery Sticks, Garden Salad, Mixed Fruit & Orange Smiles **Dirt Dessert!**</p>

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

23	24	25	26	27
<p>Classic Ham & Cheese Sandwich Macaroni & Cheese (V) Pancakes, Scrambled Eggs & Sausage</p> <p>Sweet Glazed Carrots, Celery Sticks, Garden Salad, Pineapple Tidbits & Orange Smiles</p>	<p>Sunbutter & Jelly Sandwich on Whole Wheat Bread (V) **Scratch Bean & Cheese Burrito Mighty Meatball Sub</p> <p>Mixed Vegetables, Baby Carrots, Caesar Salad, Diced Peaches & Fresh Grapes *Mini Rice Krispies Treat*</p>	<p>Kidzable: Italian Chicken Fried Steak Sandwich Chicken Nuggets with Dinner Roll</p> <p>Creamy Mashed Potatoes & Gravy, Fresh Broccoli, Garden Salad, Diced Pears & Apple Slices</p>	<p>All American Sandwich on Whole Wheat Bread Bean & Cheese Nachos (V) Sloppy Joe</p> <p>Groovy Green Beans, Baby Carrots, Caesar Salad, Applesauce & Fresh Bananas *Pretzels!*</p>	<p>Strawberry Fields Parfait with String Cheese (V) Rib-b-que Sandwich Pepperoni Pizza</p> <p>Western Baked Beans, Celery Sticks, Garden Salad, Mixed Fruit & Orange Smiles</p>

**April 26th is National Pretzel Day!

30				
<p>Classic Ham & Cheese Sandwich on Whole Wheat Bread Crispy Chicken Sandwich Frito Chili Pie</p> <p>Roasted Corn, Baby Carrots, Garden Salad, Pineapple Tidbits & Orange Smiles</p>				

**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.