

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

**1**  
Strawberry Banana Parfait with String Cheese (V)  
All American Sandwich on Whole Wheat Bread  
Rib-b-que Sandwich  
Italian Dunkers (V)  
~~~~~  
Western Baked Beans, Garden Salad, Baby Carrots, Pineapple Tidbits & Orange Smiles

**2**  
Classic Chef Salad  
Kidzable: Turkey & Mozzarella  
Cheesy Chicken Spaghetti  
Mesquite Glazed Drumstick & Roll  
~~~~~  
Green Peas, Celery Sticks, Caesar Salad, Diced Peaches  
\*Mini Rice Krispies Treat!\*

**3**  
Classic Chef Salad  
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**  
Chicken Caesar Salad  
Kidzable: Italian Corn Dog  
French Toast Sticks with Scrambled Eggs & Sausage  
~~~~~  
Groovy Green Beans, Fresh Broccoli, Caesar Salad, Applesauce & Bananas

**5**  
Chicken Caesar Salad  
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)  
All American Sandwich  
Charbroiled Cheeseburger  
Zesty Orange Chicken with Brown Rice  
~~~~~  
Groovy Green Beans, Baby Carrots, Garden Salad, Pineapple Tidbits & Orange Smiles

**9**  
Classic Chef Salad  
Kidzable: Ham & Cheese  
Beefy Nachos  
Steak fingers  
~~~~~  
Mashed Potatoes & Gravy, Celery Sticks, Diced Peaches  
\*Freshly Baked Cookie\*

**10**  
Classic Chef Salad  
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**  
Chicken Caesar Salad  
Kidzable: Turkey & Mozzarella  
Home Run Hot Dog  
Chicken Enchilada Suiza  
~~~~~  
Seasoned Carrots, \*\*Fresh Cauliflower, Caesar Salad, Applesauce & Fresh Bananas

**12**  
Chicken Caesar Salad  
Sunbutter & Jelly Sandwich (V)  
\*\*Goey 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)  
All American Sandwich  
Crispy Chicken Sandwich  
Savory Spaghetti & Meatballs  
~~~~~  
Mixed Vegetables, Garden Salad, Baby Carrots, Pineapple Tidbits & Orange Smiles

**16**  
Classic Chef Salad  
Kidzable: Ham & Cheese  
Cheesy Omelet with Toast (V)  
Hamburger  
~~~~~  
Tater Tots, Caesar Salad, Broccoli, Diced Peaches  
\*Freshly Baked Cookie!\*

**17**  
Classic Chef Salad  
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**  
Chicken Caesar Salad  
Kidzable: Protein Power!  
Goey Grilled Cheese Sandwich (V)  
Giant Beef Taco with Spanish Rice  
~~~~~  
Pinto Beans, Caesar Salad, Broccoli, Applesauce

**19**  
Chicken Caesar Salad  
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)  
All American Sandwich  
Mexi-Chicken Nachos  
Charbroiled Cheeseburger  
~~~~~  
Seasoned Carrots, Garden Salad, Celery Sticks, Pineapple Tidbits & Orange Smiles  
\*Dirt Dessert!\*

**23**  
Classic Chef Salad  
Kidzable: Turkey & Mozzarella  
Italian Dunkers  
Sloppy Joe  
~~~~~  
Mixed Vegetables, Caesar Salad, Baby Carrots & Diced Peaches

**24**  
Classic Chef Salad  
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**  
Chicken Caesar Salad  
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**  
Chicken Caesar Salad  
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)  
All American Sandwich on Whole Wheat Bread  
Grilled Chicken Stacker  
Walking Nachos  
~~~~~  
Roasted Corn, Garden Salad, Baby Carrots, Pineapple Tidbits & Orange Smiles

**30**  
Classic Chef Salad  
Kidzable: Ham & Cheese  
Bean & Cheese Burrito (V)  
Chicken Fried Steak Sandwich  
~~~~~  
Groovy Green Beans, Caesar Salad, Fresh Broccoli & Diced Peaches

Lunch Prices: Full:\$2.90 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.liftoffsplayground.com](http://www.liftoffsplayground.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.

