

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

Italian Dunkers (V)
Western Baked Beans & Pineapple Tidbit

2

Mesquite Glazed Drumstick & Roll
Green Peas, Diced Peaches & *Mini Rice Krispies Treat!*

3

Chicken Nuggets with Dinner Roll
Whipped Potatoes & Gravy & Diced Pears

4

Kidzable: Italian
Groovy Green Beans & Applesauce

5

Pepperoni Pizza
Seasoned Mixed Vegetables & Orange Smiles

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

8

Charbroiled Cheeseburger
Groovy Green Beans & Pineapple Tidbits

9

Kidzable: Ham & Cheese
Celery Sticks, Diced Peaches & *Freshly Baked Cookie!*

10

Chicken & Waffles
Emoji Potatoes & Diced Pears

11

Home Run Hot Dog
Seasoned Carrots & Applesauce

12

Pepperoni Pizza
Western Baked Beans & Orange Smiles

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

15

Crispy Chicken Sandwich
Mixed Vegetables & Pineapple Tidbits

16

Kidzable: Ham & Cheese
Tater Tots, Diced Peaches & *Freshly Baked Cookie!*

17

Chicken Nuggets with Dinner Roll
Whipped Potatoes & Country Gravy & Diced Pears

18

Goopy Grilled Cheese Sandwich (V)
Pinto Beans & Applesauce

19

Cheese Pizza (V)
Green Peas & Mixed Fruit

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

Charbroiled Cheeseburger
Seasoned Carrots, Pineapple Tidbits & *Dirt Dessert!*

23

Italian Dunkers
Mixed Vegetables & Diced Peaches

24

Chicken Nuggets with Dinner Roll
Whipped Potatoes & Country Gravy & Pears

25

Kidzable: Italian
Groovy Green Beans & Applesauce
Mini Rice Krispie Treat!

26

Pepperoni Pizza
Western Baked Beans & Mixed Fruit

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

29

Bean and Cheese Nachos
Roasted Corn & 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

This institution is an equal opportunity provider.

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 Cold Cereal Goldfish Cracker Milk Juice	April 2 Cold Cereal Goldfish Cracker Milk Juice	April 3 Trix Yogurt Cup Goldfish Cracker Milk Juice	April 4 Cold Cereal Goldfish Cracker Milk Juice	April 5 Cold Cereal Goldfish Cracker Milk Juice
April 8 Cold Cereal Goldfish Cracker Milk Juice	April 9 Cold Cereal Goldfish Cracker Milk Juice	April 10 Trix Yogurt Cup Goldfish Cracker Milk Juice	April 11 Cold Cereal Goldfish Cracker Milk Juice	April 12 Cold Cereal Goldfish Cracker Milk Juice
April 15 Cold Cereal Goldfish Cracker Milk Juice	April 16 Cold Cereal Goldfish Cracker Milk Juice	April 17 Trix Yogurt Cup Goldfish Cracker Milk Juice	April 18 Cold Cereal Goldfish Cracker Milk Juice	April 19 Cold Cereal Goldfish Cracker Milk Juice
April 22 Cold Cereal Goldfish Cracker Milk Juice	April 23 Cold Cereal Goldfish Cracker Milk Juice	April 24 Trix Yogurt Cup Goldfish Cracker Milk Juice	April 25 Cold Cereal Goldfish Cracker Milk Juice	April 26 Cold Cereal Goldfish Cracker Milk Juice
April 29 Cold Cereal Goldfish Cracker Milk Juice	April 30 Cold Cereal Goldfish Cracker Milk Juice			

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.

