

Mathematics Awareness Month

April is Mathematics and Statistics Awareness Month. Since the start of Mathematics Awareness Week back in 1986, the aim has been to increase the level of interest in the study of mathematics and increase the level of public understanding and appreciation for the wide range of applications for mathematics in fields as diverse as manufacturing, business and medicine. However, sometimes we overlook a daily activity that can help students not only advance their math skills but also establish

life skills. That activity is cooking. Cooking with recipes engages reading skills, comprehension and math. Recipes might include fractions, measuring and portioning—many of the basic skills students need to excel in math. Consider encouraging your child to select a few recipes he or she would like to make. Then, take some extra time to have fun and appreciate together the opportunity cooking brings to build a greater understanding and appreciation for mathematics.



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 Cereal or Breakfast Bar Fruit ----- Fruit Juice & Milk	April 2 Cereal or Muffin Fruit ----- Fruit Juice & Milk	April 3 Cereal or Breakfast Bar Fruit ----- Fruit Juice & Milk	April 4 Cereal or Muffin Fruit ----- Fruit Juice & Milk	April 5 NO SCHOOL
April 8 Cereal or Breakfast Bar Fruit ----- Fruit Juice & Milk	April 9 Cereal or Muffin Fruit ----- Fruit Juice & Milk	April 10 Cereal or Breakfast Bar Fruit ----- Fruit Juice & Milk	April 11 Cereal or Muffin Fruit ----- Fruit Juice & Milk	April 12 Cereal or Cinnamon Toast Bar Fruit ----- Fruit Juice & Milk
April 15 Cereal or Breakfast Bar Fruit ----- Fruit Juice & Milk	April 16 Cereal or Muffin Fruit ----- Fruit Juice & Milk	April 17 Cereal or Breakfast Bar Fruit ----- Fruit Juice & Milk	April 18 Cereal or Muffin Fruit ----- Fruit Juice & Milk	April 19 NO SCHOOL
April 22 Cereal or Breakfast Bar Fruit ----- Fruit Juice & Milk	April 23 Cereal or Muffin Fruit ----- Fruit Juice & Milk	April 24 Cereal or Breakfast Bar Fruit ----- Fruit Juice & Milk	April 25 Cereal or Muffin Fruit ----- Fruit Juice & Milk	April 26 Cereal or Cinnamon Toast Bar Fruit ----- Fruit Juice & Milk
April 29 Cereal or Breakfast Bar Fruit ----- Fruit Juice & Milk	April 30 Cereal or Muffin Fruit ----- Fruit Juice & Milk			

Fresh Pick Recipe

OVEN ROASTED BROCCOLI WITH PANKO (SERVES 4)

- 1 tablespoon garlic (raw)
- 2 tablespoons fresh basil (chopped)
- 2 cups fresh broccoli (cooked)
- 1/2 cup canned tomato (diced)
- 2 tablespoons canola/olive oil blend
- 1/8 teaspoon black pepper (ground)
- 1 tablespoon Italian seasoning
- 2 tablespoons panko bread crumbs
- 2 tablespoons grated Parmesan cheese

1. Chop garlic.
2. Wash basil and pat dry. Pull leaves off of stem and roughly chop.
3. Chop broccoli.
4. Drain tomatoes.
5. Lightly coat broccoli, chopped garlic and diced tomatoes with oil, Italian seasoning and pepper. Spread out on parchment lined sheet pan.
6. Bake in 450°F standard (conventional) oven for 10 minutes and broccoli is tender.
7. Sprinkle broccoli mixture with Panko and bake 5 more minutes.
8. Carefully transfer broccoli mixture to serving pan. Garnish with Parmesan cheese and basil.

NUTRITION FACTS:
 395 calories, 10g fat,
 197mg sodium, 3g fiber

Variety of cereal, fat-free, & low-fat milk offered daily

Nutrition Information is available upon request.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Italian Dunkers (V) ----- Fresh Broccoli Bananas</p>	<p>2</p> <p>Cheese Pizza (V) ----- Salad Applesauce Chocolate Chip Cookie</p>	<p>3</p> <p>Spaghetti with Meat Sauce ----- Green Beans Apple Slices</p>	<p>4</p> <p>Chili Cheese Dog ----- Corn Orange Smiles</p>	<p>5</p> <p>NO SCHOOL</p>
<p>8</p> <p>BBQ Chicken Sandwich ----- Black Beans Bananas</p>	<p>9</p> <p>Corn Dog ----- Crinkle Cut Fries Applesauce Chocolate Chip Cookie</p>	<p>10</p> <p>Breakfast 4 Lunch ----- Baked Apples</p>	<p>11</p> <p>Chicken Nuggets Dinner Roll ----- Mashed Potatoes & Gravy Orange Smiles</p>	<p>12</p> <p>Sloppy Joes ----- Tater Tots Apple Slices</p>
<p>15</p> <p>Chicken & Waffles ----- Sweet Potato Deep Groove Crinkles Bananas</p>	<p>16</p> <p>Italian dunkers (V) ----- Green Beans Applesauce Chocolate Chip Cookie</p>	<p>17</p> <p>Beef & Cheese Nachos ----- Corn Apple Slices</p>	<p>18</p> <p>Spaghetti & Meat Sauce ----- Roasted Broccoli Orange Smiles</p>	<p>19</p> <p>NO SCHOOL</p>
<p>22</p> <p>Beef Penne (V) Garlic Knot ----- Green Beans Bananas</p>	<p>23</p> <p>Cheese Pizza ----- Crinkle Cut Fries Applesauce Chocolate Chip Cookie</p>	<p>24</p> <p>Chicken Nuggets Dinner Roll ----- Smile Fries Apple Slices</p>	<p>25</p> <p>Cheese Quesadilla ----- Corn Orange Smiles</p>	<p>26</p> <p>Beef & Cheese Nachos ----- Baked Beans Apple Slices</p>
<p>29</p> <p>Cheeseburger ----- Tater Tots Bananas</p>	<p>30</p> <p>Popcorn Chicken Bowl Dinner Roll ----- Mashed Potatoes & Gravy Corn Applesauce Chocolate Chip Cookie</p>			