

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

BBQ Chicken Sandwich
 Chicken Alfredo Mac
 Pizza Bento Box (V)

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Sweet Potato Fries  
 Variety of fruits and vegetables

**4**

Cheese Pizza (V)  
 Chicken Quesadilla  
 All-American Sandwich

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Charro Beans
 Variety of fruits and vegetables

5

Grilled Cheese Sandwich (V)
 Spaghetti & Meatballs
 Turkey & Cheese Sandwich

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Roasted Broccoli  
 Variety of fruits and vegetables

**6**

Pepperoni Pizza  
 Frito Chili Pie  
 Sunbutter & Jelly Sandwich (V)

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Peas and Carrots
 Variety of fruits and vegetables

7

No School

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Fresh Pick of the Month: Carrots!

**10**

Walking Nachos  
 Mexi-Chicken Flatbread  
 Ham and Cheese Sandwich

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Refried Beans
 Variety of fruits and vegetables

11

Cheesy Chicken Spaghetti
 Cheese Ravioli (V)
 Crispy Chicken Wrap

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Roasted Broccoli  
 Variety of fruits and vegetables

**12**

Brunch 4 Lunch  
 Pepperoni Pizza  
 All-American Sandwich

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Baked Cinnamon Apples
 Variety of fruits and vegetables

13

Corn Dog
 Crispy Chicken Nuggets
 Chicken Caesar Wrap

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Roasted Carrots, Mashed Potatoes &  
 Gravy  
 Variety of fruits and vegetables

**14**

Cheese Pizza (V)  
 Classic Cheeseburger  
 Pinwheel Party Box

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Mixed Vegetables
 Variety of fruits and vegetables

Seasonal fruit & vegetables offered daily on garden bar

17

Italian Cheese Dippers w/ Marinara
 Sauce (V)
 Breaded Chicken Drumstick
 Ham & Cheese Sandwich

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Green Beans  
 Variety of fruits and vegetables

**18**

Homemade Beef Lasagna  
 Chicken & Waffles  
 All American Sandwich

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Roasted Squash & Zucchini
 Variety of fruits and vegetables

19

Cheese Pizza (V)
 Bean & Cheese Nachos (V)
 Crispy Chicken Wrap

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Pinto Beans  
 Variety of fruits and vegetables

**20**

Oklahoma Twister Dog  
 Orange Chicken w/ Brown Rice  
 Sunbutter & Jelly Sandwich

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Cooked Peas
 Variety of fruits and vegetables

21

No School

~~~~~

(V) denotes vegetarian friendly item

**24**

Crispy Chicken Sandwich  
 Baked Penne Pasta  
 All-American Sandwich

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Green Beans
 Variety of fruits and vegetables

25

Cheese Pizza (V)
 Classic Cheeseburger
 Pinwheel Party Box

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Roasted Broccoli  
 Variety of fruits and vegetables

**26**

Rib-BQ Sandwich  
 Chicken Nuggets  
 Fruit & Yogurt Parfait (V)

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Smiley Potatoes
 Variety of fruits and vegetables

27

Beefy Totchos
 Cheese Quesadilla (V)
 Crispy Chicken Wrap

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Mexican Corn  
 Variety of fruits and vegetables

**28**

Pepperoni Pizza  
 BBQ Glazed Drumstick  
 Ham and Cheese Sandwich

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Baked Beans
 Variety of fruits and vegetables

Fat-free & low-fat milk offered daily

MENU SUBJECT TO CHANGE BASED ON PRODUCT AVAILABILITY

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.



Mathematics Awareness Month is a national effort to increase public understanding and appreciation of mathematics and its applications.

www.liftoffsplayground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
April 3 Pancakes Assorted Cereal Buttered Toast Applesauce	April 4 Biscuit & Gravy Assorted Cereal Cinnamon Toast Orange Smiles	April 5 Breakfast Pizza Assorted Cereal Buttered Toast Bananas	April 6 Ham & Cheese English Muffin Assorted Cereal Ultimate Breakfast Round Craisins	April 7 No School
April 10 Cinnamon Toast Crunch Breakfast Bar Assorted Cereal Buttered Toast Applesauce	April 11 Biscuit & Gravy Assorted Cereal Cinnamon Roll Orange Smiles	April 12 Breakfast Pizza Assorted Cereal Buttered Toast Bananas	April 13 Ham & Cheese English Muffin Assorted Cereal Ultimate Breakfast Round Craisins	April 14 Homestyle Breakfast Plate Assorted Cereal Cinnamon Toast Sliced Apples
April 17 French Toast Mini Bites Assorted Cereal Buttered Toast Applesauce	April 18 Biscuit & Gravy Assorted Cereal Cinnamon Toast Orange Smiles	April 19 Breakfast Pizza Assorted Cereal Buttered Toast Bananas	April 20 Ham & Cheese English Muffin Assorted Cereal Ultimate Breakfast Round Craisins	April 21 No School
April 24 Cinnamon Toast Crunch Breakfast Bar Assorted Cereal Buttered Toast Applesauce	April 25 Biscuit & Gravy Assorted Cereal Cinnamon Roll Orange Smiles	April 26 Breakfast Pizza Assorted Cereal Buttered Toast Bananas	April 27 Ham & Cheese English Muffin Assorted Cereal Ultimate Breakfast Round Craisins	April 28 Homestyle Breakfast Plate Assorted Cereal Cinnamon Toast Sliced Apples

Fresh Pick Recipe

GLAZED CARROTS WITH ORANGE SAUCE (SERVES 4)

- 2 cups fresh, cooked carrots
- 1 teaspoon canola/olive oil blend
- 4 ounces frozen orange juice
- 1 1/2 teaspoons cornstarch
- 1/4 teaspoon brown sugar
- 1/8 teaspoon black pepper
- 1/4 teaspoon parsley (dried)

1. Toss carrots in oil and arrange on a parchment-lined sheet pan in a single layer. Bake carrots in a 350°F standard oven for 15-18 minutes and the carrots are slightly crunchy.
2. Combine orange juice, cornstarch, brown sugar and pepper in a 4" oven safe pan and bake at 250°F for 10 minutes or until sauce thickens at 160°F or above for 15 seconds.
3. Carefully transfer cooked carrots to serving pan.
4. Pour hot orange dressing over carrots and gently toss until carrots are evenly coated. Garnish with parsley.

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