

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

3

**Breakfast:**  
Mini Maple Waffles  
**Lunch:**  
Teriyaki Chicken over Rice  
Turkey & Cheese Sandwich  
EZ Pizza Box  
Served with Assorted Fruits & Vegetables

4

**Breakfast:**  
Apple Frudel (v)  
**Lunch:**  
Breakfast for Lunch: Pancakes & Sausage  
Chicken Burger  
Chef Salad w/ WG Rolls  
Served with Assorted Fruits & Vegetables

5

**Breakfast:**  
Breakfast on a Stick  
**Lunch:**  
Bean and Cheese Nachos (v)  
BBQ Chicken Sandwich  
Italian Sub  
Served with Assorted Fruits & Vegetables

6

**Breakfast:**  
Mini Blueberry Waffles(v)  
**Lunch:**  
Chicken Nuggets with WG Roll  
American Sandwich  
Fruit & Yogurt Parfait (v)  
Served with Assorted Fruits & Vegetables

7

**Breakfast:**  
Ultimate Breakfast Round (v)  
**Lunch:**  
Homemade Cheese Pizza (v)  
Fish & Chips  
Sunbutter and Jelly Sandwich (v)  
Served with Assorted Fruits & Vegetables

10

**Breakfast:**  
Fruit Muffin  
**Lunch:**  
Cheesy Breadsticks with Marinara (v)  
Pork Rib-B-Que Sandwich  
Ham & Cheese Sandwich  
Served with Assorted Fruits & Vegetables

11

**Breakfast:**  
Pancake Bites with Cinnamon & Sugar (v)  
**Lunch:**  
Mini Cheese Ravioli with WG Roll (v)  
Hamburger or Cheeseburger  
Veggie Burger (v)  
Deli Stackables Box  
Served with Assorted Fruits & Vegetables

12

**Breakfast:**  
Turkey Sausage Breakfast Pizza  
**Lunch:**  
Orange Chicken Rice Bowl  
Baked Corn Dog  
Chef Salad with WG Rolls  
Served with Assorted Fruits & Vegetables

13

**Breakfast:**  
Ultimate Breakfast Round (v)  
(v)  
**Lunch:**  
Macaroni and Cheese (v)  
Chicken Burger  
Garden Salad with WG Rolls (v)  
Served with Assorted Fruits & Vegetables

14

**NO SCHOOL  
K-12**

17

**Breakfast:**  
Mini French Toast (v)  
**Lunch:**  
Meatball Marinara Sub  
Chicken Nuggets with WG Roll  
Chef Salad with WG Rolls  
Served with Assorted Fruits and Vegetables

18

**Breakfast:**  
Ultimate Breakfast Round (v)  
**Lunch:**  
Breakfast for Lunch: Toast Sticks and Sausage  
Taco Tuesday: Turkey Soft Taco  
Italian Sub  
Served with Assorted Fruits & Vegetables

19

**Breakfast:**  
Mini Maple Waffles (v)  
**Lunch:**  
Teriyaki Beef Dippers over Rice  
Hot Dog  
Sunbutter & Jelly Sandwich (v)  
Served with Assorted Fruits & Vegetables

20

**Breakfast:**  
Apple Frudel (v)  
**Lunch:**  
Cheesy Breadsticks with Marinara (v)  
Turkey Taco Nachos  
Pinwheel Party Box  
Served with Assorted Fruits & Vegetables

21

**Breakfast:**  
WG Cinnamon Roll (v)  
**Lunch:**  
Homemade Cheese Pizza (v)  
Scratch Made Sloppy Joe  
American Sandwich  
Served with Assorted Fruits & Vegetables

24

**Breakfast:**  
Mini Blueberry Waffles (v)  
**Lunch:**  
Bean and Cheese Burrito (v)  
Hamburger or Cheeseburger  
Veggie Burger (v)  
Protein Power-Up Box  
Served with Assorted Fruits & Vegetables

25

**Breakfast:**  
Ultimate Breakfast Round  
**Lunch:**  
Chicken Alfredo Pasta  
Chicken Burger  
Sunbutter and Jelly Sandwich (v)  
Served with Assorted Fruits & Vegetables

26

**Breakfast:**  
Turkey Sausage Breakfast Pizza  
**Lunch:**  
Pork Posole with WG Tortilla Chips  
Pretzel with Cheese Sauce (v)  
Turkey & Cheese Sandwich  
Served with Assorted Fruits & Vegetables

27

**Breakfast:**  
Mini Maple Waffles (v)  
**Lunch:**  
Baked Corn Dog  
American Sandwich  
Fruit & Yogurt Parfait (v)  
Served with Assorted Fruits & Vegetables

28

**Breakfast:**  
Homemade Blueberry Muffin Square (v)  
**Lunch:**  
Homemade Cheese Pizza (v)  
Fish & Chips  
Ham & Cheese Sandwich  
Served with Assorted Fruits & Vegetables





## 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. For more information, visit [www.mathaware.org](http://www.mathaware.org).

[www.liftoffsplayground.com](http://www.liftoffsplayground.com)

### Let's Talk Trash

There is a growing concern about food loss and waste throughout the United States. Consider that about 90 billion pounds of edible food goes uneaten each year. This costs most people about \$370 each year.

As the world population continues to grow, there is a greater need to set goals and develop initiatives to reduce the amount of food wasted. Less food loss and waste can help save money, improve food access and protect natural resources. The impacts of food loss and waste include:

- Food waste is the single largest component going into municipal landfill.
- Wholesome food is sent to landfills instead of feeding people in need.
- Producing, processing, transporting, preparing, storing and disposing of discarded food uses inputs such as land, water, labor and energy that could be available for other purposes.

#### What can you do?

Being mindful about planning, purchasing, protecting, preserving, storing, repurposing, donating and recycling food can help you save money and reduce the amount of food thrown away. To learn more about how you and your family can help manage food waste, check out the USDA infographic at <https://choosemyplate-prod.azureedge.net/sites/default/files/printablematerials/2016-LetsTalkTrash-2page.pdf>

Also, the Eating Healthy on a Budget section of [ChooseMyPlate.gov](http://ChooseMyPlate.gov) provides ways to eat healthy and manage food resources at home. <https://www.choosemyplate.gov/budget>.

Source: <https://www.choosemyplate.gov/lets-talk-trash>.

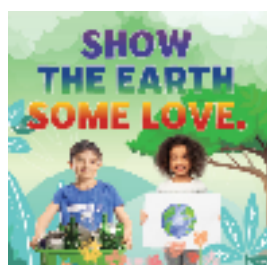
Our food service facility prepares and serves some products which may contain ingredients identified as food allergens. For more information on food allergens, go to <http://www.foodallergy.org/>.

### Fresh Pick Recipe

#### APPLE AND CARROT SAUTÉ

- 1 ½ tbsp olive oil
- ¼ onion (small dice)
- ½ celery (sliced thin)
- 2 carrots (1" slices)
- 1 c plus 2 tbsp water (divided)
- 1 ½ c apples (unpeeled & large dice)
- 1 tbsp honey
- 2 tbsp orange juice
- 1 tbsp cornstarch
- salt and pepper to taste
- 2 tbsp parsley (chopped)

1. Prepare ingredients as directed.
2. In medium sauté pan sauté onions and celery in the olive oil for 2 minutes until tender.
3. Add 1 C water and the carrots to the pan and simmer until carrots are crisp but tender.
4. Drain any remaining water. Add apples, honey and orange juice to the carrots and sauté for 5 minutes.
5. Combine the cornstarch with the remaining 2 T water and add to the pan.
6. Add salt and pepper to taste.
7. Bring to a medium boil and then simmer for 2 minutes. Garnish with parsley and serve.



### SCHOOL MEAL PRICES:

Students who are reduce-priced eligible will receive student meals at no cost.

Nutrition information is available upon request.

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Education and Statistics Awareness Month  
April 1-4, 2024

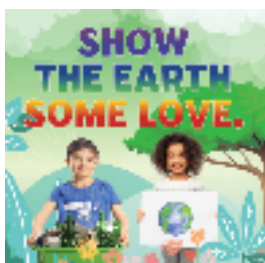
[www.liftoffsplayground.com](http://www.liftoffsplayground.com)

### Fresh Pick Recipe

#### APPLE AND CARROT SAUTÉ

- 1 Tbsp olive oil
- 1/4 onion (small dice)
- 1/2 celery (sliced thin)
- 2 carrots (1" slices)
- 1 c plus 2 Tbsp water (divided)
- 1 1/2 c apples (unpeeled & large dice)
- 1 Tbsp honey
- 2 Tbsp orange juice
- 1 Tbsp cornstarch
- salt and pepper to taste
- 2 Tbsp parsley (chopped)

1. Prepare ingredients as directed.
2. In medium sauté pan sauté onion and celery in the olive oil for 2 minutes until tender.
3. Add 1 C water and the carrots to the pan and simmer until carrots are crisp but tender.
4. Drain any remaining water. Add apples, honey and orange juice to the carrots and sauté for 5 minutes.
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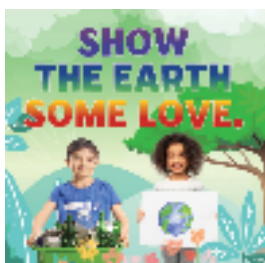
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### Fresh Pick Recipe

#### APPLE AND CARROT SAUTÉ

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- 1/4 onion (small dice)
- 1/2 celery (sliced thin)
- 2 carrots (1" slices)
- 1 c plus 2 Tbsp water (divided)
- 1 1/2 c apples (unpeeled & large dice)
- 1 Tbsp honey
- 2 Tbsp orange juice
- 1 Tbsp cornstarch
- salt and pepper to taste
- 2 Tbsp parsley (chopped)

1. Prepare ingredients as directed.
2. In medium sauté pan sauté onion and celery in the olive oil for 2 minutes until tender.
3. Add 1 C water and the carrots to the pan and simmer until carrots are crisp but tender.
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Education and Statistics Awareness Month is a national observance that celebrates the importance of mathematics and statistics in our lives.

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### BREAKFAST MENU

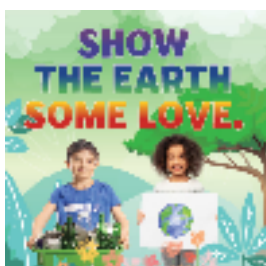
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### Fresh Pick Recipe

#### APPLE AND CARROT SAUTÉ

- 1 1/2 tbsp olive oil
- 1/4 onion (small dice)
- 1/2 celery (sliced thin)
- 2 carrots (1" slices)
- 1 cup 2 1/2 (boil water (dried))
- 1 1/2 apples (unpeeled (large dice))
- 1 1/2 tsp honey
- 2 1/2 tsp orange juice
- 1 1/2 tsp cornstarch
- salt and pepper to taste
- 2 1/2 tsp parsley (chopped)

1. Prepare ingredients as directed.
2. In medium sauté pan sauté onion and celery in the olive oil for 2 minutes until tender.
3. Add 1 1/2 cups water and the carrots to the pan and simmer until carrots are crisp but tender.
4. Drain any remaining water. Add apples, honey and orange juice to the carrots and sauté for 5 minutes.
5. Combine the cornstarch with the remaining 2 1/2 water and add to the pan.
6. Add salt and pepper to taste.
7. Bring to a medium boil and then simmer for 2 minutes. Garnish with parsley and serve.



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