

### MONDAY



### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

1

Breakfast:  
Yogurt & Grahams (v)  
Lunch:  
Chicken & Waffles  
Turkey Soft Taco  
Deli Stackables Box  
Sunbutter & Jelly Sandwich (v)

2

Breakfast:  
Chocolate Chip Ultimate Breakfast Round (v)  
Lunch:  
Chicken Potato Bowl w/ WG Rolls  
Grilled Ball Park Dog  
Fiesta Garden Salad w/ Tortilla Chips  
Italian Sub Sandwich

3

Breakfast:  
Blueberry Bagel & Cream Cheese (v)  
Lunch:  
Crispy Chicken Burger  
Spaghetti w/ Meaty Marinara  
EZ Pizza Bento Box  
American Sandwich

4

Breakfast:  
Iced Whole Grain Cinnamon Roll (v)  
Lunch:  
Scratch Cheese (v) or Pepperoni Pizza  
Glazed Chicken Drumstick w/ WG Rolls  
Chicken Caesar Salad w/ WG Rolls  
Ham & Cheese Sandwich

Breakfast Includes: Choice of entrée, choice of fruit(s), and low-fat or fat-free milk.

7

Breakfast:  
Mini Maple Waffles(v)  
Lunch:  
Cheese Quesadilla (v)  
Teriyaki Chicken over Brown Rice  
Chef Salad w/ WG Rolls  
Italian Sub Sandwich

8

Breakfast:  
Apple Frudel (v)  
Lunch:  
BCB:  
Crispy Pimento Chicken Burger  
Brunch for Lunch: Pancakes w/ Sausage  
Fruit & Yo To-Go Box (v)  
Turkey & Cheese Sandwich

9

Breakfast:  
Sausage Pancake on a Stick  
Lunch:  
BBQ Chicken Sandwich  
Bean & Cheese Nachos (v)  
Italian Stacker Box  
American Sandwich

10

Breakfast:  
Mini Confetti Pancakes (v)  
Lunch:  
Crispy Chicken Nuggets w/ WG Roll  
Homestyle Baked Penne Pasta (v)  
Peppi Pizza Salad w/ WG Rolls  
Ham & Cheese Sandwich

11

NO SCHOOL  
K-12th

Daily Breakfast Entrées: Variety of Whole Grain Cereals w/ Mozzarella String Cheese

14

Breakfast:  
Chocolate Chip Ultimate Breakfast Round (v)  
Lunch:  
Chicken Burrito Rice Bowl  
Cheesy Breadsticks w/ Marinara (v)  
EZ Pizza Box  
American Sandwich

15

Breakfast:  
Cinnamon Pancake Bites (v)  
Lunch:  
Choice of Burger: Cheeseburger, Hamburger, or Veggie Burger (v)  
Chicken Parmesan over Pasta  
Chicken Caesar Salad w/ WG Rolls  
Italian Sub Sandwich

16

Breakfast:  
Sausage Breakfast Pizza  
Lunch:  
Creamy Mac & Cheese (v)  
Orange Chicken over Brown Rice  
Hearty Garden Salad w/ WG Rolls (v)  
Ham & Cheese Sandwich

17

Breakfast:  
Fruit & Yogurt Parfait (v)  
Lunch:  
Crispy Chicken Burger  
Breakfast for Lunch: Biscuit w/ Country Gravy & Sausage  
Deli Stackables Box  
Sunbutter & Jelly Sandwich (v)

18

Breakfast:  
Bagel & Cream Cheese (v)  
Lunch:  
Scratch Cheese Pizza (v) or Pepperoni Pizza  
Corn Dog  
Fiesta Garden Salad w/ Tortilla Chips  
Turkey & Cheese Sandwich

Lunch Includes: Choice of entrée, variety of inviting fruits and vegetables, and low-fat or fat-free milk.

21

Breakfast:  
Mini Confetti Pancakes (v)  
Lunch:  
Giant Pretzel w/ Cheese Sauce (v)  
Saucy Meatball Sub  
Protein Power Up Box (v)  
Ham & Cheese Sandwich

22

Breakfast:  
Chocolate Chip Ultimate Round (v)  
EARTH DAY  
Lunch:  
Crispy Pimento Chicken Sandwich  
Cheesy Breadstick w/ Marinara Sauce(v)  
Chef Salad w/ WG Rolls  
American Sandwich  
Dirt Dessert

23

Breakfast:  
Egg & Cheese Muffin  
Lunch:  
Chicken Posole w/ Tortilla Chips  
Twisted Dog  
Fruit & Yo To Go Box (v)  
Sunbutter & Jelly Sandwich (v)

24

Breakfast:  
Cherry Frudel (v)  
Lunch:  
Turkey Soft Taco  
Chicken Nuggets w/ WG Roll  
Italian Stacker Box  
Turkey & Cheese Sandwich Featured

25

Breakfast:  
Iced Whole Grain Cinnamon Roll (v)  
Lunch:  
Scratch Cheese (v) or Pepperoni Pizza  
Beefy Sloppy Joe  
Chicken Caesar Salad w/ WG Rolls  
Italian Sub Sandwich

Meatless items marked with (v)

28

Breakfast:  
Ultimate Breakfast Round (v)  
Lunch:  
Bean & Cheese Burrito (v)  
Choice of Burger: Hamburger, Cheeseburger, or Veggie Burger (v)  
Fiesta Taco Salad w/ Tortilla Chips  
Sunbutter & Jelly Sandwich (v)

29

Breakfast:  
Sausage Pancake on a Stick  
Lunch:  
Grilled Cheese Toaster w/ Tomato Soup (v)  
Crispy Chicken Burger  
EZ Pizza Bento Box  
Ham & Cheese Sandwich

30

Breakfast:  
Sausage Breakfast Pizza  
Lunch:  
Giant Pretzel w/ Cheese Sauce (v)  
Turkey Taco Tot'chos w/ Tortilla Chips  
Chicken Caesar Salad w/ WG Rolls  
Turkey & Cheese Sandwich





## 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.

### 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 landfills.
- 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, re-purposing, 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/2015-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 foodservice facility prepares and serves some products which may contain ingredients identified as food allergens. For more information on food allergies, go to <http://www.foodallergy.org/>.*

### Fresh Pick Recipe

#### APPLE AND CARROT SAUTÉ

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

1. Prepare ingredients as directed.
2. In medium saucepan 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.

#### BREAKFAST:

PAID: FREE TO ALL STUDENTS

#### LUNCH:

PAID: FREE TO ALL STUDENTS

Nutrition Information is available upon request.