

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

2

Chefs Choice

3

Chefs Choice

4

Chefs Choice

5

Chefs Choice

6

Chef's Choice  
&#

9

#### Breakfast:

Sausage Breakfast Pizza

#### Lunch:

Whole Grain Corn Dog  
Crispy Chicken Burger on a Bun  
Turkey & Cheese Sandwich on WW  
Chicken Caesar Salad w/WW Roll  
Includes Fruits, Vegetables & Milk

10

#### Breakfast:

Warm Apple Pocket

#### Lunch:

French Toast Stix w/Sausage  
Baked Pepperoni or Cheese Pizza  
Italian Sub Sandwich  
Crispy Chicken Salad w/WW Roll  
Includes Fruits, Vegetables & Milk

11

#### Breakfast:

Sausage & Cheese Biscuit

#### Lunch:

Home Style Hamburger Patty  
w/Mashed Potatoes, Gravy & WW Roll  
Cheesy Breadsticks w/Marinara  
Chicken Bites w/WW Roll  
Crunchy Chicken Wrap  
SW Taco Salad w/Tortilla Chips  
Includes Fruits, Vegetables & Milk

12

#### Breakfast

Yogurt Parfait

#### Lunch

Sloppy Joes  
Pepperoni and Cheese Pizza  
Chef Salad  
Ham Sandwich

13

#### Breakfast

Breakfast Cookie

#### Lunch

Spaghetti  
Chicken Nuggets w/ww Roll  
Garden Salad  
American Sub

16

#### Breakfast:

Pancakes

#### Lunch:

Bean & Cheese Burrito  
Crispy Chicken Burger on a Bun  
All American Sandwich  
Classic Chef Salad  
w/WW Roll  
Includes Fruits, Vegetables & Milk

17

#### Breakfast:

Choc Chip Breakfast Round

#### Lunch:

Homemade Chili and Chips  
Baked Pepperoni or Cheese Pizza  
Yummy Egg Salad Sub Sandwich  
Poppin' Chicken Salad w/WW Roll  
Includes Fruits, Vegetables & Milk

18

#### Breakfast:

Cinnamon Roll

#### Lunch:

Totally Twisted Dog  
Chicken Bites w/WW Roll  
Ranch Turkey & Cheese Flatbread  
Chicken Taco Salad w/Tortilla Chips  
Includes Fruits, Vegetables & Milk

19

#### Breakfast:

WG Bagel w/Cream Cheese

#### Lunch:

Melty Chicken & Cheese Quesadilla  
Chicken Ranch or Cheese Pizza  
Tasty Tuna Sub Sandwich  
Mandarin Chicken Salad w/WW Roll  
Includes Fruits, Vegetables & Milk

20

#### Breakfast:

Blueberry Muffin Square

#### Lunch: Earth Day

Grilled Cheese and Soup  
Cheeseburger/Hamburger  
Turkey & Cheese on a Bagel  
Chef Salad w/WW Roll  
Includes Fruits, Vegetables & Milk  
**DIRT DESSERT**

23

#### Breakfast:

Pancake on a Stick

#### Lunch:

Spicy Beef & Cheese Nachos  
Crispy Chicken Burger on a Bun  
Sunbutter and Jelly Sandwich  
Freshly Picked Fruit & Spinach Salad  
w/WW Roll  
Includes Fruits, Vegetables & Milk

24

#### Breakfast:

Warm Biscuit w/Gravy

#### Lunch:

Whole Grain Corn Dog  
Baked Pepperoni or Cheese Pizza  
Italian Sub Sandwich  
Crispy Chicken Salad w/WW Roll  
Includes Fruits, Vegetables & Milk

25

#### Breakfast:

Ham & Cheese English Muffin

#### Lunch: Lucky Tray Day

Savory Beef & Broccoli over Rice  
Chicken Bites w/WW Roll  
Crunchy Chicken Wrap  
SW Taco Salad w/Tortilla Chips  
Includes Fruits, Vegetables & Milk

26

#### Breakfast:

Mini Maple Waffles

#### Lunch:

Baked Chicken & Cheesy Potatoes  
w/WW Roll  
Baked Taco or Cheese Pizza  
Ham & Cheese Sub Sandwich  
Chef Salad w/WW Roll  
Includes Fruits, Vegetables & Milk

27

#### Breakfast:

Yogurt & Graham Crackers

#### Lunch:

Tasty Chicken Taco  
Cheeseburger/Hamburger  
Chicken Caesar Salad w/WW Roll  
Tangy Turkey & Cheese Sandwich  
Includes Fruits, Vegetables & Milk

30

#### Breakfast:

French Toast Sticks

#### Lunch:

Bean & Cheese Enchilada  
Cheese & BBQ Chicken Flatbread  
Turkey & Cheese Sandwich on WW  
Chicken Caesar Salad w/WW Roll  
Includes Fruits, Vegetables & Milk



**BREAKFAST INCLUDES:**  
CHOICE OF DAILY ENTREE  
LISTED OR CEREAL W/TOAST  
A VARIETY OF FRUITS AND MILK



## 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.

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

## Finding Protein in a Plant-Based Diet

Protein is one of three energy nutrients, which means protein helps provide calories to your diet. When people adopt a vegetarian lifestyle, depending on the type of vegetarian they are (lacto-ovo, vegan, etc. ) protein can be easily overlooked in the diet. This can be problematic because protein is also needed for muscle growth and repair, hair and nail growth, the production of hormones and red blood cells and the maintenance of a healthy immune system. About 15 to 20% of all the calories we eat should come from protein. Animal foods are common sources of protein, however there are also popular plant based foods that can contribute protein to a healthy diet.

Foods such as beans and legumes, tofu, tempeh and grains such as quinoa or barley are all excellent sources of protein. The key is learning how to add these foods into your daily meals and snacks. For example, beans can be added to eggs or a morning breakfast burrito, bean dips like hummus, are convenient snacks with cut up vegetables, quinoa can take the place of pasta in a meal and often foods like tofu can be substituted for animal proteins in meals like spaghetti and meat sauce, chili, lasagna or as a topping on pizza. To ensure you and your family include plenty of protein in your vegetable based diet, gather some recipes and try at least one new dish each week. Build a list of family favorites and rotate these meals into your monthly meal plan.

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

### GLAZED CARROTS WITH ORANGE SAUCE (SERVES 5)

- 3 cups fresh, cooked carrots
- 1 teaspoon canola/olive oil blend
- 4 ounces frozen orange juice
- 1 1/2 teaspoons cornstarch
- 1 tablespoon brown sugar
- 1/8 teaspoon black pepper
- 1 tablespoon 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 350°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.

**NUTRITION FACTS:**  
57 calories, 1g fat,  
55mg sodium, 3g fiber



**SCHOOL MEAL PRICES:**  
**BREAKFAST:** REDUCED MEALS AT NO COST  
**LUNCH:** REDUCED MEALS AT NO COST PAID: ELEMENTARY \$2.05