THE CLUBHOUSE @ Township of Ocean Elementary School

APR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 SCHOOL CLOSED FOR SPRING BREAK	2 SCHOOL CLOSED FOR SPRING BREAK	3 SCHOOL CLOSED FOR SPRING BREAK	4 SCHOOL CLOSED FOR SPRING BREAK	5 SCHOOL CLOSED FOR SPRING BREAK
8 **Chicken Teriyaki with Rice** **Sweet Peas**	9 Taco Tuesday Taco Meat with Chips Black Beans	10 **Breakfast for Lunch:** French Toast Sticks with sausage patty & syrup Sweet Potatoes	11 Baked Chicken with Dinner Roll Carrots	12 **French Bread Pizza** Garden Tossed Salad
Offered Daily 4/8-4/12 , Ham & Cheese Sandwich, Peanut Butter & Jelly Sandwich				
15 Hot Diggity Dog French Fries	16 **Taco Tuesday** Tacos with Spanish Rice Beans	17 Fajita Chicken with Brown Rice Carrots	18 BBQ Chicken on a Bun Sweet Peas	19 Old School Pizza 4x6 Smart Pizza Garden Tossed Salad
Offered Daily 4/15-4/19: Crispy Chicken Wrap & Peanut Butter & Jelly Sandwich				
22 SCHOOL CLOSED	23 SCHOOL CLOSED	24 Spaghetti & Meatballs with Breadstick Chef's Choice Veggie	25 **Totchos** **Tater Tots**	26 **Big Daddy's Pizza** **Garden Tossed Salad**
Offered Daily 4/22-4/26: Chef Salad w/ Dinner Roll, Peanut Butter & Jelly Sandwich				
29 Cheesy Baked Ziti with Garlic Breadstick Seasoned Carrot Coins	30 **Breakfast for Lunch** Egg Patty & Waffle Breakfast Potatoes	**All lunches include a variety of fresh fruit, chilled fruit cup, and choice of milk (skim, 1% white or fat free chocolate)** **MENU SUBJECT TO CHANGE**	**Reduced Lunch Price: $0.00** **Paid Lunch Price: $3.25**	
Offered Daily 4/29-5/3: Italian Sub, Peanut Butter & Jelly Sandwich				

This institution is an equal opportunity provider.

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.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 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*** 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

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**

nutrislice

Nutrition Information is available upon request.