

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2

School Closed
Spring Recess

3

School Closed
Spring Recess

4

School Closed
Spring Recess

5

School Closed
Spring Recess

6

School Closed
Spring Recess

All lunches served with choice of milk: 1%, Fat Free, Fat Free Chocolate

9

French Toast Sticks w/syrup
Chicken Caesar Wrap
Chef Salad w/Roll
Yogurt Bag
Egg & Muffin Bento Box
Cross Trax Sweet Potatoes
Spinach Tossed Salad
Fresh Fruit & Fruit Cup

10

Crispy Chicken Bowl w/Roll
Chicken Caesar Wrap
Chef Salad w/Roll
Yogurt Bag
Egg & Muffin Bento Box
Mashed Potatoes
Spinach Tossed Salad
Fresh Fruit & Fruit Cup

11

Chicken Patty Sandwich
Chicken Caesar Wrap
Chef Salad w/Roll
Yogurt Bag
Egg & Muffin Bento Box
Roasted Vegetables
Spinach Tossed Salad
Fresh Fruit & Fruit Cup

12

Grilled Cheese
Chicken Caesar Wrap
Chef Salad w/Roll
Yogurt Bag
Egg & Muffin Bento Box
French Fries
Spinach Tossed Salad
Fresh Fruit & Fruit Cup

13

Cheese Pizza
Chicken Caesar Wrap
Chef Salad w/Roll
Yogurt Bag
Egg & Muffin Bento Box
Carrot Sticks
Spinach Tossed Salad
Fresh Fruit & Fruit Cup

Menu subject to change.

16

Mozzarella Sticks w/Marinara Sauce
Italian Sub
Grilled Chicken Salad w/Roll
Cereal Bag
Deli Bento Box
Glazed Carrots
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

17

Hotdog
Italian Sub
Grilled Chicken Salad w/Roll
Cereal Bag
Deli Bento Box
Smile Fries
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

18

Macaroni & Cheese w/Breadstick
Italian Sub
Grilled Chicken Salad w/Roll
Cereal Bag
Deli Bento Box
Steamed Broccoli
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

19

Chicken & Waffles
Italian Sub
Grilled Chicken Salad w/Roll
Cereal Bag
Deli Bento Box
Three Bean Salad
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

20

Cheese Pizza
Italian Sub
Grilled Chicken Salad w/Roll
Cereal Bag
Deli Bento Box
Carrot Sticks
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

23

Pancakes w/Turkey Sausage
Turkey & Cheese Sandwich
Garden Salad w/Cheese & Roll
Yogurt Boat
Crazy Cheese Bento Box
Sweet Potato Bites
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

24

Poppin Popcorn Chicken w/Roll
Turkey & Cheese Sandwich
Garden Salad w/Cheese & Roll
Yogurt Boat
Crazy Cheese Bento Box
Baked French Fries
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

25

Meatball (Beef) Hoagies
Turkey & Cheese Sandwich
Garden Salad w/Cheese & Roll
Yogurt Boat
Crazy Cheese Bento Box
Broccoli Bites
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

26

Turkey & Cheese Tacos
Turkey & Cheese Sandwich
Garden Salad w/Cheese & Roll
Yogurt Boat
Crazy Cheese Bento Box
Vegetarian Refried Beans
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

27

Cheese Pizza
Turkey & Cheese Sandwich
Garden Salad w/Cheese & Roll
Yogurt Boat
Crazy Cheese Bento Box
Celery Sticks
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

30

Hamburger or Cheeseburger
Ham & Cheese Sandwich
Turkey Club Salad w/Roll
Bagel Boat
Healthy Hummus Bento Box
Sweet Potato Crinkle Fries
Spinach Tossed Salad
Fresh Fruit & Fruit Cup



Breakfast Prices:
Full Paid: \$1.75
Reduced: \$.40
Milk: \$.50
Lunch Prices:
Full Paid: \$2.85
Reduced: \$.40
Milk: \$.50



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

BREAKFAST

All Breakfast are Whole Grain Rich and Reduced Sugar
All Breakfast come with Fruit and Variety of Reduced Fat Milk

MONDAY: Whole Grain Cereal and Graham Crackers

TUESDAY: Hot Mini Maple Pancakes

WEDNESDAY: Warm Whole Grain Mini Cini Pastry

THURSDAY: Hot Mini Berry Waffles

FRIDAY: Whole Grain Muffin and Graham Crackers

Fresh Pick Recipe

BAKED CHICKEN WITH GRAPES

- 1 Chicken (cut in 10 pieces)
 - 1 cup Chicken broth
 - 1 Onion (sliced in wedges)
 - 1 T Olive oil
 - 1-2 t dried sage (can substitute with fresh)
 - Salt and pepper to taste
 - 3 cups Grapes
1. Prepare all ingredients as directed.
 2. Preheat oven to 400 degrees.
 3. Place the chicken pieces in medium baking pan. Pour chicken broth around the chicken and add the onion wedges.
 4. Brush the top side of the chicken with the olive oil. Sprinkle the dried sage on the chicken and salt and pepper to taste.
 5. Place in oven for 20 minutes.
 6. Remove from oven and add the grapes to the pan.
 7. Roast chicken and grapes for another 15-20 minutes or until the chicken is done.
 8. Serve with rice.



Happy April 2018! Comments or concerns with the Breakfast or Lunch Program please do not hesitate to call Jacqueline Wagner- Sodexo at 732-531-5630 ext. 7091 or at jacqueline.wagner@sodexo.com
To add money to your child's lunch account go to: www.schoolcafe.com