

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

1

French Toast Sticks  
Tuna Salad Sub  
Crispy Chicken Caesar Salad  
served with a dinner roll  
Cheese & Pretzel Goldfish Boat  
Crinkle Cut Sweet Potato Fries

2

Chicken Nuggets  
with dinner roll  
Tuna Salad Sub  
Crispy Chicken Caesar Salad  
served with dinner roll  
Cheese & Pretzel Goldfish Boat  
Smile Fries

3

Mozzarella Sticks  
with marinara sauce  
Tuna Salad Sub  
Crispy Chicken Caesar Salad  
served with dinner roll  
Cheese & Pretzel Goldfish Boat  
Broccoli Dippers

4

Boneless Chicken Bites  
with soft pretzel stick  
Tuna Salad Sub  
Crispy Chicken Caesar Salad  
served with dinner roll  
Cheese & Pretzel Goldfish Boat  
Homestyle Baked Beans

5

Big Daddy's Pizza  
Tuna Salad Sub  
Crispy Chicken Caesar Salad  
served with a Dinner Roll  
Cheese & Pretzel Goldfish Boat  
Mixed Green Salad

8

Cheeseburger or Hamburger  
Turkey Club Sandwich  
Chef Salad served with dinner roll  
Cereal Bag  
Sweet Potato Fries

9

Popcorn Chicken  
with dinner roll  
Turkey Club Sandwich  
Chef Salad served with dinner roll  
Cereal Bag  
Steamed Corn

10

Homemade Baked Ziti  
served with garlic breadstick  
Turkey Club Sandwich  
Chef Salad served with dinner roll  
Cereal Bag  
Sauteed Spinach

11

Chicken & Cheese Taquitos  
served with salsa  
Turkey Club Sandwich  
Chef Salad served with dinner roll  
Cereal Bag  
Vegetarian Beans

12

Cheese Pizza Slice  
Turkey Club Sandwich  
Chef Salad served with dinner roll  
Cereal Bag  
Mixed Green Salad

All lunches include a variety of fresh fruit, chilled fruit cup and choice of milk (Skim, 1% or Fat Free Chocolate).

15

Fluffy Pancakes with Sausage  
Italian Sub  
Grilled Chicken Salad  
served with dinner roll  
Egg & Muffin Bento Box  
Cinnamon Sweet Potatoes

16

Hotdog (Beef) on a Bun  
Italian Sub  
Grilled Chicken Salad  
served with dinner roll  
Egg & Muffin Bento Box  
Tater Tots

17

Macaroni and Cheese with Roll  
Italian Sub  
Grilled Chicken Salad  
served with dinner roll  
Egg & Muffin Bento Box  
Steamed Broccoli

18

Big Daddy Pizza  
Italian Sub  
Grilled Chicken Salad  
served with dinner roll  
Egg & Muffin Bento Box  
Mixed Green Salad

19

School Closed  
Spring Recess

All Nutritionals are on the SO HAPPY APP

22

School Closed  
Spring Recess

23

School Closed  
Spring Recess

24

School Closed  
Spring Recess

25

School Closed  
Spring Recess

26

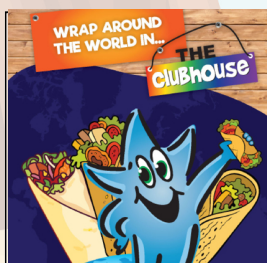
School Closed  
Spring Recess

29

Cheesy Stuffed Breadsticks  
Ham & Cheese Sub  
Turkey Club Salad  
served with dinner roll  
Bagel Bag  
Citrus Glazed Carrots

30

Roasted Chicken in a Basket  
with a buttermilk biscuit  
Ham & Cheese Sub  
Turkey Club Salad  
served with dinner roll  
Bagel Bag  
Waffle Fries



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

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



Menu Subject to Change

This institution is an equal opportunity provider.

## 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)

### BREAKFAST

All Breakfast are Whole Grain Rich and Reduced Sugar

All Breakfast come with Fruit and Reduced Fat Milk

#### MONDAY:

Whole Grain Cereal and Graham Crackers

#### TUESDAY:

Hot Mini Maple Pancakes

#### WEDNESDAY:

Warm Whole Grain Mini Cini Pastry

#### THURSDAY:

Flavored Breakfast Bar

#### FRIDAY:

Whole Grain Muffin and Graham Crackers

### Fresh Pick Recipe

EGG WHITE OMELETTE WITH  
SPINACH OR CHARD  
(MAKES 1 OMELETTE)

- 1 teaspoon olive oil
  - 2 cups spinach or chard leaves
  - pepper (freshly milled)
  - 3 egg whites, beaten with 1/2 teaspoon chopped marjoram or chives
1. In a small nonstick skillet, heat one teaspoon of oil.
  2. Add the spinach or chard, and cook until it's wilted.
  3. Season with salt and pepper, then move to a plate.
  4. Add the second teaspoon of oil to the pan, then pour in the whites. Tilt the pan to spread them out, then cook over medium heat until they're set.
  5. Season with a pinch of salt and pepper, arrange the spinach over 1/3 of the eggs, then gently prod the eggs over to make a rolled omelette.



Happy April! Any concerns and comments please call the Café Office at 732-531-5630 ext 7090 or [Jacqueline.wagner@sodexo.com](mailto:Jacqueline.wagner@sodexo.com)  
To add money to your child's lunch account go to [www.schoolcafe.com](http://www.schoolcafe.com)

Nutrition Information is available upon request.