

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

3

Bosco Sticks w/Marinara Sauce  
Ham & Cheese Sandwich  
Asian Chicken Salad w/Roll  
Bagel Boat  
Slim Stix Sweet Potato Fries  
Fresh Fruit & Fruit Cup

4

Chicken in a Basket  
w/Biscuit  
Ham & Cheese Sandwich  
Asian Chicken Salad w/Roll  
Bagel Boat  
Potato Wedges  
Fresh Fruit & Fruit Cup

5

Baked Mac & Cheese  
w/Roll  
Ham & Cheese Sandwich  
Asian Chicken Salad w/Roll  
Bagel Boat  
Steamed Broccoli  
Fresh Fruit & Fruit Cup

6

Popcorn Chicken Stir Fry  
w/Brown Rice  
Ham & Cheese Sandwich  
Asian Chicken Salad w/Roll  
Bagel Boat  
Chinese Style Veggies  
Fresh Fruit & Fruit Cup

7

Big Daddy Pizza  
Ham & Cheese Sandwich  
Asian Chicken Salad w/Roll  
Bagel Boat  
Carrot Sticks  
Fresh Fruit & Fruit Cup

All lunches served with choice of milk: Skim, Low Fat, Low Fat Chocolate.

10

School Closed  
for  
Spring Break

11

School Closed  
for  
Spring Break

12

School Closed  
for  
Spring Break

13

School Closed  
for  
Spring Break

14

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Menu Subject To Change.

17

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18

Popcorn Chicken w/Roll  
Chicken Caesar Wrap  
Chef Salad w/Roll  
Cheese & Cracker Box  
Mashed Potatoes  
Fresh Fruit & Fruit Cup

19

Beefy Baked Ziti w/Roll  
Chicken Caesar Wrap  
Chef Salad w/Roll  
Cheese & Cracker Box  
Green Beans  
Fresh Fruit & Fruit Cup

20

Jumbo Popcorn Chicken  
w/Roll & Dipping Sauce  
Chicken Caesar Wrap  
Chef Salad w/Roll  
Cheese & Cracker Box  
Baked French Fries  
Fresh Fruit & Fruit Cup

21

Hand Tossed Pizza  
Chicken Caesar Wrap  
Chef Salad w/Roll  
Cheese & Cracker Box  
Carrot Sticks  
Fresh Fruit & Fruit Cup

24

Mozzarella Sticks w/Marinara Sauce  
Italian Hoagie  
Antipasto Salad w/Roll  
Pretzel Boat  
Cross Trax Sweet Potatoes  
Fresh Fruit & Fruit Cup

25

Chicken Tenders w/Roll  
Italian Hoagie  
Antipasto Salad w/Roll  
Pretzel Boat  
Golden Corn  
Fresh Fruit & Fruit Cup

26

Pasta and Meatballs w/Roll  
Italian Hoagie  
Antipasto Salad w/Roll  
Pretzel Boat  
Steamed Peas  
Fresh Fruit & Fruit Cup

27

Chicken & Waffles  
Italian Hoagie  
Antipasto Salad w/Roll  
Pretzel Boat  
Baked Beans  
Fresh Fruit & Fruit Cup

28

French Bread Pizza  
Italian Wrap  
Antipasto Salad w/Roll  
Pretzel Boat  
Baby Carrots  
Fresh Fruit & Fruit Cup



**Available Daily**  
PB&J  
Cheese Sandwich



## 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.

[liftoffstplayground.com](http://liftoffstplayground.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:** Hot Breakfast Croissant Sandwich

**THURSDAY:** Hot Mini Berry Waffles

**FRIDAY:** Whole Grain Muffin with Graham Crackers

## Fresh Pick Recipe

### KIWI SALSA

- 1/2 cup red onion-small dice
- 1 jalapeño pepper, minced
- 1 yellow bell pepper, medium dice
- 1 green pepper, medium dice
- 1/2 cucumber, medium dice
- 2 cups kiwi, peeled-medium dice
- 1/2 cup pineapple-medium dice, fresh or canned
- 1/2 cup fresh cilantro leaves, shredded
- 1/2 cup orange juice
- 4 tablespoons lime juice
- 4 tablespoons extra virgin olive oil
- 1 tablespoon honey (optional)
- salt and pepper, to taste

1. Prepare all ingredients as directed and mix in a bowl.
2. Mix orange juice, lime juice and olive oil in small jar.
3. Pour just enough dressing on the salsa to coat.
4. Serve with corn chips.



Please make sure all negative balances are paid in a timely manner. If you have any questions in regards to the School Breakfast or Lunch Program do not hesitate to call Jeff Hanaway at 732-531-5630.

