

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

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

4

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

5

Baked Mac & Cheese
w/Roll
Chicken Patty on a Bun
Ham & Cheese Sandwich
Asian Chicken Salad w/Roll
Bagel Boat
Steamed Broccoli
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

6

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

7

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

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

10

School Closed
for
Spring Break

11

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for
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12

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13

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14

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Menu Subject To Change.

17

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18

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

19

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

20

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

21

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

24

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

25

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

26

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

27

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

28

French Bread Pizza
Fish Sticks
Italian Hoagie
Antipasto Salad w/Roll
Pretzel Boat
Baby Carrots
Romaine Tossed Salad
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

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 Lunch or Breakfast Program do not hesitate to call Jeff Hanaway at 732-531-5630 ext. 7091.

