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Wayside Elementary



MONDAY

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

TUESDAY

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

WEDNESDAY

5

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

THURSDAY

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

FRIDAY

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.

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School Closed for Spring Break

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School Closed for Spring Break

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School Closed for Spring Break

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School Closed for Spring Break

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School Closed Spring Break

Menu Subject To Change.

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School Closed for Spring Break

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

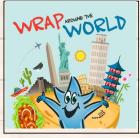
Pasta and Meatballs w/Roll Italian Hoagie Antipasto Salad w/Roll Pretzel Boat Steamed Peas Fresh Fruit & Fruit Cup

27

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

28

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



Available Daily





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:

- 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.
- 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. <u>Medicine:</u> One-quarter of all prescription drugs come directly from or are derivatives of plants.
- 4. <u>Air:</u> Oxygen is brought to you by plants, as a by-product of photosynthesis.
- 5. <u>Habitat:</u> Species of fish and wildlife depend on plants for food and shelter.
- 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: 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 vellow 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.
- 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.

