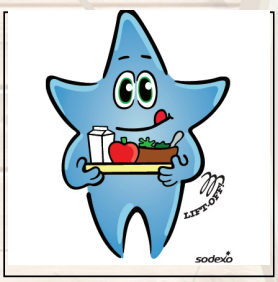
# THE clubhouse @ Wanamassa Elementary

APR 2018

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| **2**<br>School Closed<br>Spring Recess | **3**<br>School Closed<br>Spring Recess | **4**<br>School Closed<br>Spring Recess | **5**<br>School Closed<br>Spring Recess | **6**<br>School Closed<br>Spring Recess |
| All lunches served with choice of milk: 1%, Fat Free, Fat Free Chocolate | | | | |
| **9**<br>French Toast Sticks w/syrup<br>Chicken Caesar Wrap<br>Chef Salad w/Roll<br>Yogurt Bag<br>Egg & Muffin Bento Box<br>Cross Trax Sweet Potatoes<br>Spinach Tossed Salad<br>Fresh Fruit & Fruit Cup | **10**<br>Crispy Chicken Bowl w/Roll<br>Chicken Caesar Wrap<br>Chef Salad w/Roll<br>Yogurt Bag<br>Egg & Muffin Bento Box<br>Mashed Potatoes<br>Spinach Tossed Salad<br>Fresh Fruit & Fruit Cup | **11**<br>Chicken Patty Sandwich<br>Chicken Caesar Wrap<br>Chef Salad w/Roll<br>Yogurt Bag<br>Egg & Muffin Bento Box<br>Roasted Vegetables<br>Spinach Tossed Salad<br>Fresh Fruit & Fruit Cup | **12**<br>Grilled Cheese<br>Chicken Caesar Wrap<br>Chef Salad w/Roll<br>Yogurt Bag<br>Egg & Muffin Bento Box<br>French Fries<br>Spinach Tossed Salad<br>Fresh Fruit & Fruit Cup | **13**<br>Cheese Pizza<br>Chicken Caesar Wrap<br>Chef Salad w/Roll<br>Yogurt Bag<br>Egg & Muffin Bento Box<br>Carrot Sticks<br>Spinach Tossed Salad<br>Fresh Fruit & Fruit Cup |
| Menu subject to change. | | | | |
| **16**<br>Mozzarella Sticks w/Marinara Sauce<br>Italian Sub<br>Grilled Chicken Salad w/Roll<br>Cereal Bag<br>Deli Bento Box<br>Glazed Carrots<br>Romaine Tossed Salad<br>Fresh Fruit & Fruit Cup | **17**<br>Hotdog<br>Italian Sub<br>Grilled Chicken Salad w/Roll<br>Cereal Bag<br>Deli Bento Box<br>Smile Fries<br>Romaine Tossed Salad<br>Fresh Fruit & Fruit Cup | **18**<br>Macaroni & Cheese w/Breadstick<br>Italian Sub<br>Grilled Chicken Salad w/Roll<br>Cereal Bag<br>Deli Bento Box<br>Steamed Broccoli<br>Romaine Tossed Salad<br>Fresh Fruit & Fruit Cup | **19**<br>Chicken & Waffles<br>Italian Sub<br>Grilled Chicken Salad w/Roll<br>Cereal Bag<br>Deli Bento Box<br>Three Bean Salad<br>Romaine Tossed Salad<br>Fresh Fruit & Fruit Cup | **20**<br>Cheese Pizza<br>Italian Sub<br>Grilled Chicken Salad w/Roll<br>Cereal Bag<br>Deli Bento Box<br>Carrot Sticks<br>Romaine Tossed Salad<br>Fresh Fruit & Fruit Cup |
| | | | | |
| **23**<br>Pancakes w/Turkey Sausage<br>Turkey & Cheese Sandwich<br>Garden Salad w/Cheese & Roll<br>Yogurt Boat<br>Crazy Cheese Bento Box<br>Sweet Potato Bites<br>Romaine Tossed Salad<br>Fresh Fruit & Fruit Cup | **24**<br>Poppin Popcorn Chicken w/Roll<br>Turkey & Cheese Sandwich<br>Garden Salad w/Cheese & Roll<br>Yogurt Boat<br>Crazy Cheese Bento Box<br>Baked French Fries<br>Romaine Tossed Salad<br>Fresh Fruit & Fruit Cup | **25**<br>Meatball (Beef) Hoagies<br>Turkey & Cheese Sandwich<br>Garden Salad w/Cheese & Roll<br>Yogurt Boat<br>Crazy Cheese Bento Box<br>Broccoli Bites<br>Romaine Tossed Salad<br>Fresh Fruit & Fruit Cup | **26**<br>Turkey & Cheese Tacos<br>Turkey & Cheese Sandwich<br>Garden Salad w/Cheese & Roll<br>Yogurt Boat<br>Crazy Cheese Bento Box<br>Vegetarian Refried Beans<br>Romaine Tossed Salad<br>Fresh Fruit & Fruit Cup | **27**<br>Cheese Pizza<br>Turkey & Cheese Sandwich<br>Garden Salad w/Cheese & Roll<br>Yogurt Boat<br>Crazy Cheese Bento Box<br>Celery Sticks<br>Romaine Tossed Salad<br>Fresh Fruit & Fruit Cup |
| | | | | |
| **30**<br>Hamburger or Cheeseburger<br>Ham & Cheese Sandwich<br>Turkey Club Salad w/Roll<br>Bagel Boat<br>Healthy Hummus Bento Box<br>Sweet Potato Crinkle Fries<br>Spinach Tossed Salad<br>Fresh Fruit & Fruit Cup |  | | Breakfast Prices:<br>Full Paid: $1.75<br>Reduced: $.40<br>Milk: $.50<br>Lunch Prices:<br>Full Paid: $2.85<br>Reduced: $.40<br>Milk: $.50 |  |

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

# 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