

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

**1**

Cold Entree  
Ham & Cheese Salad  
w/ Crackers  
Hot Entree  
Cheese Pizza  
w/  
Seasonal Garden Bar  
1% White or NF Chocolate  
Milk

**2**

Cold Entree  
Fruit & Yogurt  
Parfait  
Hot Entree  
Chicken Tenders w/  
Green Beans  
w/  
Seasonal Garden Bar  
1% White or NF Chocolate  
Milk

**3**

Cold Entree  
Turkey & Cheese  
Sub  
Hot Entree  
Crispy Chicken  
Sandwich  
w/  
Seasonal Garden Bar  
1% White or NF Chocolate  
Milk

**4**

Cold Entree  
Italian Sub  
Sandwich  
Hot Entree  
Macaroni & Cheese  
& Roll  
w/  
Seasonal Garden Bar  
1% White or NF Chocolate  
Milk

**5**

Cold Entree  
American Sub  
Hot Entree  
Chicken Nuggets &  
Pancakes Bites  
w/  
Seasonal Garden Bar  
1% White or NF Chocolate  
Milk

VEGETARIAN ENTREES AVAILABLE UPON REQUEST

**8**

Cold Entrée  
Chicken Caesar Wrap  
Hot Entree  
Bean & Cheese Nachos  
Seasonal Garden Bar  
1% White or NF Chocolate  
Milk

**9**

Cold Entrée  
Turkey & Cheese  
Salad w/ Crackers  
Hot Entrée  
Orange Chicken  
Over Rice  
Seasonal Garden Bar  
1% White or NF Chocolate  
Milk

**10**

Cold Entrée  
Italian Sub  
Hot Entrée  
Cheesy Breadsticks  
w/  
Seasonal Garden Bar  
1% White or NF Chocolate  
Milk

**11**

Cold Entrée  
Bagel & Yogurt Box  
Hot Entrée  
Hot Dog w/ Baked Beans  
w/  
Seasonal Garden Bar  
1% White or NF Chocolate  
Milk

**12**

No School

FRESH FRUIT & VEGETABLE BAR, LOW FAT/FAT FREE MILK & 100% JUICE OFFERED DAILY.

**15**

Cold Entrée  
American Sub  
Hot Entrée  
Corn Dog &  
Tater Tots  
w/  
Seasonal Garden Bar  
1% White or NF Chocolate  
Milk

**16**

Cold Entrée  
Pizza Bento Box  
Hot Entrée  
Crunchy Chicken  
Tacos w/ Beans  
w/  
Seasonal Garden Bar  
1% White or NF Chocolate  
Milk

**17**

Cold Entrée  
Fruit & Yogurt  
Parfait  
Hot Entrée  
Chili Frito  
Pie  
w/  
Seasonal Garden Bar  
1% White or NF Chocolate  
Milk

**18**

Cold Entrée  
Turkey & Cheese  
Sandwich  
Hot Entrée  
Grilled Cheese  
Sandwich &  
Tomato Soup  
w/  
Seasonal Garden Bar  
1% White or NF Chocolate

**19**

Cold Entrée  
Ham & Cheese  
Salad  
Hot Entrée  
Breakfast For Lunch  
w/  
Seasonal Garden Bar  
1% White or NF Chocolate  
Milk

ALLERGY FREE MEALS AVAILABLE UPON REQUEST W/ MEDICAL ACCOMODATION.

**22**

Cold Entrée  
Ham & Cheese  
Sandwich  
Hot Entrée  
Walking Tacos  
w/  
Seasonal Garden Bar  
1% White or NF Chocolate  
Milk

**23**

Cold Entrée  
Beef Fiesta Salad  
w/ Chips  
Hot Entrée  
Cheesy Breadsticks  
w/  
Seasonal Garden Bar  
1% White or NF Chocolate  
Milk

**24**

Cold Entrée  
Italian Sub  
Hot Entrée  
Sloppy Joes &  
Baked Beans  
w/  
Seasonal Garden Bar  
1% White or NF Chocolate  
Milk

**25**

Cold Entrée  
Pizza Box  
Hot Entrée  
Chicken Nuggets w/  
Sweet Potato Fries  
w/  
Seasonal Garden Bar  
1% White or NF Chocolate  
Milk

**26**

Cold Entrée  
Turkey & Cheese  
Salad  
Hot Entrée  
Cheeseburger &  
Green Beans  
w/  
Seasonal Garden Bar  
1% White or NF Chocolate  
Milk

PAYMENT: 1) Send cash or check with student. 2. Pay online with credit or debit card@acsd1.org.

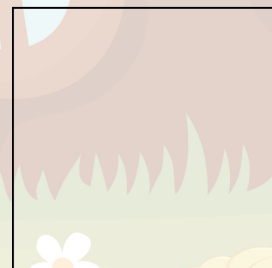
**29**

Cold Entrée  
Turkey & Cheese  
Sandwich  
Hot Entrée  
Chicken Drumstick  
& Broccoli & Biscuit  
w/  
Seasonal Garden Bar  
1% White or NF Chocolate

**30**

Cold Entrée  
Crispy Chicken  
Salad  
Hot Entrée  
Soft Beef Taco  
& Refried Beans  
w/  
Seasonal Garden Bar  
1% White or NF Chocolate  
Milk

Menu  
is  
Subject to Change  
Due to Product  
Availability



## Mathematics Awareness Month

April is Mathematics and Statistics Awareness Month. Since the start of Mathematics Awareness Week back in 1986, the aim has been to increase the level of interest in the study of mathematics and increase the level of public understanding and appreciation for the wide range of applications for mathematics in fields as diverse as manufacturing, business and medicine. However, sometimes we overlook a daily activity that can help students not only advance their math skills but also establish

life skills. That activity is cooking. Cooking with recipes engages reading skills, comprehension and math. Recipes might include fractions, measuring and portioning—many of the basic skills students need to excel in math. Consider encouraging your child to select a few recipes he or she would like to make. Then, take some extra time to have fun and appreciate together the opportunity cooking brings to build a greater understanding and appreciation for mathematics.



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 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <i>English Muffin Sandwich</i> Assorted Cereal w/ Cheese Stick Assorted Fruit & Juice	<b>2</b> <i>Breakfast Biscuit Sandwich</i> Assorted Cereal w/ Cheese Stick Assorted Fruit & Juice	<b>3</b> <i>Apple Frudel</i> Assorted Cereal w/ Cheese Stick Assorted Fruit & Juice 1% White or NF	<b>4</b> Breakfast Burrito Assorted Cereal w/ Cheese Stick Assorted Fruit & Juice 1% White or NF Chocolate	<b>5</b> <i>Breakfast Scone</i> Assorted Cereal w/ Cheese Stick Assorted Fruit & Juice
<b>8</b> <i>Mini French Toast Bites</i> Assorted Cereal w/ Cheese Stick Assorted Fruit & Juice	<b>9</b> <i>Ham &amp; Cheese Bagel</i> Assorted Cereal w/ Cheese Stick Assorted Fruit & Juice	<b>10</b> <i>Blueberry Muffin Top</i> Assorted Cereal w/ Cheese Stick Assorted Fruit & Juice	<b>11</b> <i>Chicken Pancake Fritters</i> Assorted Cereal w/ Cheese Stick Assorted Fruit & Juice	<b>12</b> No School
<b>15</b> <i>Mini Waffles</i> Assorted Cereal w/ Cheese Stick Assorted Fruit & Juice	<b>16</b> <i>French Toast Sticks</i> Assorted Cereal w/ Cheese Stick Assorted Fruit & Juice	<b>17</b> <i>Breakfast Pizza</i> Assorted Cereal w/ Cheese Stick Assorted Fruit & Juice	<b>18</b> <i>Bacon &amp; Egg Flatbread Sandwich</i> Assorted Cereal w/ Cheese Stick Assorted Fruit & Juice	<b>19</b> <i>Breakfast Sausage Biscuit Sandwich</i> Assorted Cereal w/ Cheese Stick Assorted Fruit & Juice
<b>22</b> <i>Mini French Toast</i> Assorted Cereal & Cheese Stick Seasonal Fruit or Juice	<b>23</b> <i>Breakfast Scone</i> Cereal w/ Cheese Stick Assorted Fruit & Juice	<b>24</b> <i>WG Raised Donut</i> Cereal w/ Cheese Stick Assorted Fruit & Juice	<b>25</b> <i>English Muffin Sandwich</i> Assorted Cereal & Cheese Stick Assorted Fruit & Juice	<b>26</b> <i>Mini Waffles</i> Assorted Cereal & Cheese Stick Assorted Fruit & Juice
<b>29</b> <i>Pancakes Bites</i> Assorted Cereal & Cheese Stick Assorted Fruit & Juice	<b>30</b> <i>Mini Bagels</i> Assorted Cereal & Cheese Stick Assorted Fruit & Juice			

### Fresh Pick Recipe

#### OVEN ROASTED BROCCOLI WITH PANKO (SERVES 4)

- 1 tablespoon garlic (raw)
- 2 tablespoons fresh basil (chopped)
- 2 cups fresh broccoli (cooked)
- 1/2 cup canned tomato (diced)
- 2 tablespoons canola/olive oil blend
- 1/8 teaspoon black pepper (ground)
- 1 tablespoon Italian seasoning
- 2 tablespoons panko bread crumbs
- 2 tablespoons grated Parmesan cheese

1. Chop garlic.
2. Wash basil and pat dry. Pull leaves off of stem and roughly chop.
3. Chop broccoli.
4. Drain tomatoes.
5. Lightly coat broccoli, chopped garlic and diced tomatoes with oil, Italian seasoning and pepper. Spread out on parchment lined sheet pan.
6. Bake in 450°F standard (conventional) oven for 10 minutes and broccoli is tender.
7. Sprinkle broccoli mixture with Panko and bake 5 more minutes.
8. Carefully transfer broccoli mixture to serving pan. Garnish with Parmesan cheese and basil.

**NUTRITION FACTS:**  
395 calories, 10g fat,  
197mg sodium, 3g fiber



### SCHOOL MEAL PRICES 2023-2024

Breakfast Full Pay: \$1.75, Adults: \$2.75; Breakfast Reduced: \$.30

Lunch Full Pay: \$ 3.00, Adults: \$ 4.50, Lunch Reduced: \$.40

Second Entrée: \$2.00; Milk & Juice \$.50

No charge for extra fruits & vegetables with the purchase of a meal.



Nutrition Information is available upon request.

