

### MONDAY

Don't forget your school meals!  
All Meals (Breakfast & Lunch) are  
free for Students until June 2021!

### TUESDAY

**LET'S  
CELEBRATE  
OUR EARTH!**



### WEDNESDAY

**WASH YOUR  
HANDS**



### THURSDAY

1

CHICKEN NUGGETS  
DINNER ROLL  
OR  
ITALIAN SUB

### FRIDAY

2

GOOD FRIDAY  
NO SCHOOL

All lunch entrees are served with Fresh or Chilled Fruit, Vegetables, and Milk.

5

ITALIAN MEATBALL SUB  
OR  
HAM AND CHEESE SUB

6

FRENCH TOAST STICKS  
BREAKFAST SAUSAGE  
OR  
CHEF SALAD W/ DINNER ROLL

7

CHEESEBURGER  
w/ POTATO CHIPS  
OR  
TURKEY & CHEESE SUB

8

PASTA w/ MEAT SAUCE  
DINNER ROLL  
OR  
AMERICAN SUB

9

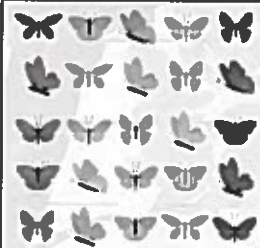
CHEESE PIZZA  
OR  
CHICKEN CAESAR SALAD  
w/ DINNER ROLL



HELLO  
SPRING

14

SPRING BREAK  
NO SCHOOL: APRIL 12TH -16TH  
HAVE A SAFE & FUN APRIL  
VACATION!



19

CHICKEN TENDERS  
w/ DINNER ROLL  
OR  
ITALIAN SUB

20

GRILLED CHEESE SANDWICH  
OR  
PEPPI PIZZA SALAD  
w/ DINNER ROLL

21

HOT DOG  
w/ POTATO CHIPS  
OR  
TUNA SALAD SUB

22

BEEF & CHEESE NACHOS  
OR  
FUN ON THE RUN BAGEL MEAL

23

PERSONAL CHEESE PIZZA  
OR  
CHICKEN BLT SALAD

26

FRIED DOUGH  
w/ MARINARA SAUCE  
OR  
TURKEY & CHEESE SUB

27

CHEESEBURGER  
w/ POTATO CHIPS  
OR  
CHICKEN CAESAR SALAD  
w/ DINNER ROLL

28

CHICKEN PATTY  
w/ POTATO CHIPS  
OR  
HAM & CHEESE SUB

29

WAFFLES  
w/ BREAKFAST SAUSAGE  
OR  
AMERICAN COMBO SUB

30

CHEESE PIZZA  
OR  
CHEF SALAD  
w/ DINNER ROLL

## 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.

liffsofplayground.com

### Let's Talk Trash

There is a growing concern about food loss and waste throughout the United States. Consider that about 90 billion pounds of edible food goes uneaten each year. This costs most people about \$370 each year.

As the world population continues to grow, there is a greater need to set goals and develop initiatives to reduce the amount of food wasted. Less food loss and waste can help save money, improve food access and protect natural resources. The impacts of food loss and waste include:

- Food waste is the single largest component going into municipal landfills.
- Wholesome food is sent to landfills instead of feeding people in need.
- Producing, processing, transporting, preparing, storing and disposing of discarded food uses inputs such as land, water, labor and energy that could be available for other purposes.

#### What can you do?

Being mindful about planning, purchasing, protecting, preserving, storing, re-purposing, donating and recycling food can help you save money and reduce the amount of food thrown away. To learn more about how you and your family can help manage food waste, check out the USDA infographic at <https://choosemyplate-prod.azureedge.net/sites/default/files/printablematerials/2015-LetsTalkTrash-2page.pdf>.

Also, the Eating Healthy on a Budget section of [ChooseMyPlate.gov](http://ChooseMyPlate.gov) provides ways to eat healthy and manage food resources at home: <https://www.choosemyplate.gov/budget>.

Source: <https://www.choosemyplate.gov/lets-talk-trash>.

Our foodservice facility prepares and serves some products which may contain ingredients identified as food allergens. For more information on food allergies, go to <http://www.foodallergy.org/>.

### Fresh Pick Recipe

#### BOW TIE LASAGNA

- 1 lb bow tie pasta (cooked according to package directions)
- 2 tablespoons olive oil
- 1/2 cup onion, diced
- 3 garlic cloves, minced
- 1 lb ground turkey (or ground beef)
- 1 lb 9 oz jar of marinara sauce
- 1 14.5 oz can of tomatoes
- 1/2 cup fresh basil
- salt and pepper to taste
- 16 oz low fat cottage cheese
- 1/2 cup Parmesan cheese, grated
- 1 egg
- 2 tablespoons fresh parsley
- 1 cup mozzarella cheese, grated

1. Prepare all ingredients as directed.
2. In medium saucepan, sauté onions, garlic, and turkey until no longer pink.
3. Add marinara sauce, tomatoes, basil, and salt and pepper. Simmer meat sauce for 10 minutes.
4. In medium bowl, mix cottage cheese, Parmesan, egg, and parsley.
5. Spray a casserole dish with cooking spray. Place cooked pasta in the pan. Spoon the sauce over the pasta.
6. Evenly divide the cheese mixture over the sauce. Finish with the mozzarella.
7. Cover pan with foil and bake for 20 minutes in preheated 375 degree oven.
8. Remove foil and place back in the oven for 10 minutes.

