

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

No School

2

Chicken Tenders
Steamed Green Beans
Fruit

3

Cheese or Pepperoni Pizza
Fruit And Vegetable

4

Baked Penne Pasta
Steamed Pea's
Fruit

5

Cheesy Scrambled Eggs
with Pancake
Fruit And Vegetable

8

No School

9

Orange Chicken with Rice
Fruit And Vegetable

10

Cheese or Pepperoni Pizza
Fruit And Vegetable

11

Stuffed Cheese Sticks
Marinara
Fruit And Vegetable

12

Cheeseburger
Fruit And Vegetable

Fresh Fruit and Vegetables offered daily at the salad bar

15

NO SCHOOL

16

NO SCHOOL

17

NO SCHOOL

18

NO SCHOOL

19

NO SCHOOL

22

NO SCHOOL

23

Teriyaki Chicken Noodles
Fruit And Vegetable

24

Cheese or Pepperoni Pizza
Fruit And Vegetable

25

Salisbury Steak w/ Roll
Mashed potatoes
Fruit

26

Crispy Chicken Sandwich
Fruit and Vegetable

29

No School

30

Turkey and cheese sub
Fruit And Vegetable



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.

www.liftoffsplyground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4/1/24 No School	4/2/24 Mini Bagels with Cream Cheese Juice or Fruit & Milk	4/3/24 Muffin top Juice or Fruit & Milk	4/4/24 Breakfast Burrito Juice/ Fruit & Milk	4/5/24 Banana Bread Juice/ Fruit & Milk
4/8/24 No School	4/9/24 Cereal With Cheese Stick Juice/ Fruit & Milk	4/10/24 Breakfast Pizza Juice/ Fruit & Milk	4/11/24 Yogurt and Graham crackers Juice/ Fruit & Milk	4/12/24 Biscuit with Gravy Juice/ Fruit & Milk
4/15/24 NO SCHOOL	4/16/24 NO SCHOOL	4/17/24 NO SCHOOL	4/18/24 NO SCHOOL	4/19/24 NO SCHOOL
4/22/24 NO SCHOOL	4/23/24 Cereal with cheese stick Juice/ Fruit, & Milk	4/24/24 Blueberry Bread with cheese stick Juice, Fruit & Milk	4/25/24 English Muffin with Jelly Juice/ Fruit, & Milk	4/26/24 Cereal w/ Cheese Stick Juice, Fruit & Milk
4/29/24 No School	4/30/24 Bagel w/ Cream Cheese Juice, Fruit, & Milk			

Fresh Pick Recipe

APPLE AND CARROT SAUTÉ

- 1 ½ Tbsp olive oil
- ¼ c onion (small dice)
- ½ c celery (sliced thin)
- 2 c carrots (1" slices)
- 1 c plus 2 Tbsp water (divided)
- 1 ½ c apples (unpeeled/tart/large dice)
- 1 Tbsp honey
- 2 Tbsp orange juice
- 1 Tbsp cornstarch
- salt and pepper to taste
- 2 Tbsp parsley (sliced)

1. Prepare ingredients as directed.
2. In medium saucepan sauté onions and celery in the olive oil for 2 minutes until tender.
3. Add 1 C water and the carrots to the pan and simmer until carrots are crisp but tender.
4. Drain any remaining water. Add apples, honey and orange juice to the carrots and sauté for 5 minutes.
5. Combine the cornstarch with the remaining 2 T water and add to the pan.
6. Add salt and pepper to taste.
7. Bring to a medium boil and then simmer for 2 minutes. Garnish with parsley and serve.

April 2024

March '24							May '24						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1	2			1	2	3	4	
3	4	5	6	7	8	9	5	6	7	8	9	10	11
10	11	12	13	14	15	16	12	13	14	15	16	17	18
17	18	19	20	21	22	23	19	20	21	22	23	24	25
24	25	26	27	28	29	30	26	27	28	29	30	31	
31													

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 NO SCHOOL	2 Graham Crackers Veggie	3 Goldfish Crackers Veggie	4 Yogurt Cup Granola	5 Muffin Juice	6
7	8 NO SCHOOL	9 Crackers Fruit	10 Pretzels String Cheese	11 Cheez-it Crackers Veggie	12 Goldfish Crackers Fruit	13
14	15 NO SCHOOL	16 NO SCHOOL	17 NO SCHOOL	18 NO SCHOOL	19 NO SCHOOL	20
21	22 NO SCHOOL	23 Cheez-it Crackers Veggie4	24 String Cheese Fruit	25 Muffin Juice	26 Goldfish Crackers Veggie	27
28	29 NO SCHOOL	30 Sun Chips Fruit	1	2	3	4
5	6	Notes ECC SNACK				