

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2

NO SCHOOL

3

French Bread Pizza
 Chicken & Cheese Flatbread
 Ham & Cheese Sandwich
 Peanut Butter & Jelly Sandwich
 Assorted Seasonal Fresh Fruits & Vegetables
 Steamed Carrots, Green Beans
 Pineapple Tidbits
 Low Fat Milk

4

Chicken Nachos
 Hot Dog on a Bun
 Ham & Cheese Sandwich
 Peanut Butter & Jelly Sandwich
 Assorted Seasonal Fresh Fruits & Vegetables
 Refried Beans, Peppers & Onions
 Mixed Fruit
 Low Fat Milk

5

Chicken Patty Sandwich
 Grilled Cheese Sandwich
 Ham & Cheese Sandwich
 Peanut Butter & Jelly Sandwich
 Assorted Seasonal Fresh Fruits & Vegetables
 Tomato Soup, Baked Beans
 Diced Pears
 Low Fat Milk

6

Chicken & Waffles
 Fish & Cheese Sandwich
 Ham & Cheese Sandwich
 Peanut Butter & Jelly Sandwich
 Assorted Seasonal Fresh Fruits & Vegetables
 Steamed Broccoli, Corn
 Strawberry Cups
 Low Fat Milk

Nutritional Information: Calories 623, Fat 20.35 g, Saturated Fat 6.5 g, Cholesterol 46 mg, Sodium 1232.7 mg, Carbohydrates 86.5 g, Protein 28 g

9

Homemade Chicken Pot Pie over biscuit
 Hamburger or Cheeseburger
 Garden Cheese Salad w/wo Fresh Baked WG Roll
 Peanut Butter & Jelly Sandwich
 Assorted Seasonal Fresh Fruits & Vegetables
 Green Beans, Baked Beans
 Mandarin Oranges, Low Fat Milk

10

Cheese or Pepperoni Pizza
 Cheese Quesadilla
 Garden Cheese Salad w/wo Fresh Baked WG Roll
 Peanut Butter & Jelly Sandwich
 Assorted Seasonal Fresh Fruits & Vegetables
 Carrot Coins, Mixed Vegetables
 Diced Peaches
 Low Fat Milk

11

B-DAY CELEBRATION
 All Entrees offered with WG Rice
 Krispy Treat or Fresh Baked WG Roll
 Chicken Nuggets
 Pig in a Blanket
 Garden Cheese Salad
 Peanut Butter & Jelly Sandwich
 Assorted Fresh Fruits & Vegetables
 Corn, Green Beans, Mixed Fruit
 Low Fat Milk

12

Spaghetti & Meatballs w/wo Garlic Breadstick
 Chicken Patty Sandwich
 Garden Cheese Salad w/wo WG Breadstick
 Peanut Butter & Jelly Sandwich
 Assorted Seasonal Fresh Fruits & Vegetables
 Steamed Broccoli, Mixed Vegetables
 Diced Pears, Low Fat Milk

13

Zesty Orange Chicken w/wo Brown Rice
 Steak & Cheese Sub
 Garden Cheese Salad w/wo Fresh Baked WG Roll
 Peanut Butter & Jelly Sandwich
 Oriental Mixed Vegetables
 Green Beans
 Pineapple Tidbits
 Low Fat Milk

Nutritional Information: Calories 642.16, Fat 21.16 g, Saturated Fat 6.69 g, Cholesterol 44.27 mg, Sodium 961.79 mg, Carbohydrate 88.14 g, Protein 29.92 g

16

Dutch Waffle w/wo Strawberry Topping w/wo Eggs
 Hamburger or Cheeseburger
 Turkey & Cheese Sandwich
 Peanut Butter & Jelly Sandwich
 Assorted Seasonal Fresh Fruits & Vegetables
 Hash Browns, Peas
 Applesauce
 Low Fat Milk

17

LUCKY LUNCH TRAY
 French Bread Pizza
 Chicken & Cheese Flatbread
 Yogurt Parfait
 Peanut Butter & Jelly Sandwich
 Assorted Seasonal Fresh Fruit & Vegetables
 Steamed Carrots,
 California Mixed Vegetables
 Pineapple Tidbits, Low Fat Milk

18

Beefy Nachos
 Mini Corn Dogs
 Turkey & Cheese Sandwich
 Peanut Butter & Jelly Sandwich
 Assorted Seasonal Fresh Fruits & Vegetables
 Refried Beans, Baked Beans
 Diced Pears
 Low Fat Milk

19

Homemade Macaroni & Cheese
 Chicken Patty Sandwich
 Yogurt Parfait
 Peanut Butter & Jelly Sandwich
 Assorted Seasonal Fresh Fruits & Vegetables
 Steamed Broccoli, Five Way Mixed Vegetables
 Strawberry Cups
 Low Fat Milk

20

Popecorn Chicken w/wo Fresh Baked WG Roll
 Fish & Cheese Sandwich
 Turkey & Cheese Sandwich
 Peanut Butter & Jelly Sandwich
 Assorted Seasonal Fresh Fruits & Vegetables
 Green Beans, Corn on the Cob
 Mixed Fruit
 Low Fat Milk

Nutritional Information: Calories 602.17, Fat 18.14 g, Saturated Fat 5.48 g, Cholesterol 56.16 mg, Sodium 986.23 mg, Carbohydrate 86.76 g, Protein 26.40 g

23

Bacon Cheeseburger
 Pizza Crunchers
 Chicken Caesar Salad w/wo Fresh Baked WG Roll
 Peanut Butter & Jelly Sandwich
 Assorted Seasonal Fresh Fruits & Vegetables
 Baked Beans,
 California Mixed Vegetables
 Diced Peaches, Low Fat Milk

24

Cheese or Pepperoni Pizza
 Beef & Cheese Quesadilla
 Chicken Caesar Salad w/wo Fresh Baked WG Roll
 Peanut Butter & Jelly Sandwich
 Assorted Seasonal Fresh Fruits & Vegetables
 Carrot Coins, Cauliflower
 Applesauce
 Low Fat Milk

25

Chicken & Veggie Stir Fry w/wo Fried Rice
 Grilled Ham & Cheese Sandwich
 Chicken Caesar Salad w/wo Fresh Baked WG Roll
 Peanut Butter & Jelly Sandwich
 Assorted Seasonal Fresh Fruits & Vegetables
 Oriental Mixed Vegetables, Peas
 Pineapple Tidbits, Low Fat Milk

26

Homemade Lasagna w/wo Garlic Breadstick
 Chicken Patty Sandwich
 Chicken Caesar Salad w/wo Fresh Baked WG Breadstick
 Peanut Butter & Jelly Sandwich
 Assorted Seasonal Fresh Fruits & Vegetables
 Steamed Broccoli, Carrots
 Mandarin Oranges, Low Fat Milk

27

Chicken Tenders w/wo Fresh Baked WG Roll
 Meatball Sub
 Chicken Caesar Salad w/wo Fresh Baked WG Roll
 Peanut Butter & Jelly Sandwich
 Assorted Seasonal Fresh Fruits & Vegetables
 French Fries, Green Beans
 Mixed Fruit, Low Fat Milk

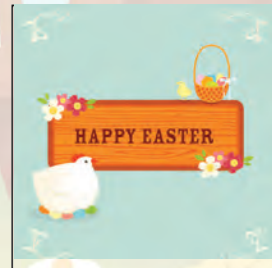
Nutritional Information: Calories 612.04, Fat 17.68 g, Saturated Fat 4.94 g, Cholesterol 61.75 mg, Sodium 953.52 mg, Carbohydrate 86.94 g, Protein 32.13 g

30

French Toast Sticks w/wo Sausage
 Hamburger or Cheeseburger
 Fun on the Run Pizza Lunchable
 Peanut Butter & Jelly Sandwich
 Assorted Seasonal Fresh Fruits & Vegetables
 Tater Tots, Mixed Vegetables
 Applesauce
 Low Fat Milk



REMEMBER ANYONE WHO QUALIFIES FOR A FREE LUNCH OR REDUCED LUNCH ALSO QUALIFIES FOR A FREE BREAKFAST OR REDUCED BREAKFAST



Meal Definition:
 A meal must include 3 out of 5 components offered and one MUST be a fruit or vegetable. The five components include:
 Meat/Meat Alternative
 Grain/Bread, up to 2
 Vegetables Servings, 1 Fruit Serving and 1 Milk

Nutritional Information: Calories 638, Fat 22 g, Saturated Fat 6 g, Cholesterol 35 mg, Sodium 987 mg, Carbohydrate 85 g, Protein 25 g

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 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NO SCHOOL	Gogurt w/wo Graham Cracker Fruit Smoothies Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	Pancakes Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	Dutch Waffle Fruit Smoothies Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	Cinni Mini's Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk
Oatmeal Bar Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	Egg & Sausage Muffin Fruit Smoothies Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	Breakfast Sausage Pizza Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	Sausage Biscuit Fruit Smoothies Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	Cinni Mini's Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk
Warm Fruit Frudel Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	Gogurt w/wo Graham Crackers Fruit Smoothies Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	Pancakes Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	Sausage Biscuit Fruit Smoothies Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	Cinni Mini's Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk
Oatmeal Bar Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	Egg & Sausage Muffin Fruit Smoothies Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	Breakfast Sausage Pizza Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	Dutch Waffle Fruit Smoothies Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	Cinni Mini's Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk
Warm Fruit Frudel Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk				

Fresh Pick Recipe

LENTIL SOUP WITH PASTA (SERVES 8)

- 2 cups lentils
- 1 cup penne pasta
- 1/4 cup yellow onion (diced)
- 1 teaspoon garlic (raw)
- 1/2 cup canned tomato (diced)
- 1/2 cup carrot matchsticks
- 2 tablespoons Parmesan cheese (grated)
- 1 tablespoon dried parsley

Lemon Dressing

- 2 tablespoons unsweetened lemon juice (frozen)
- 1 tablespoon canola/olive oil blend
- 1/4 teaspoon black pepper (ground)
- 1/4 teaspoon kosher salt

1. Prepare lentils and pasta according to recipes
2. Dice onion 1/4"
3. Mince garlic.
4. Drain tomatoes.
5. Whisk together lemon juice, oil, salt and pepper in a non-reactive bowl until blended.
6. Combine lentils, pasta, onion, carrots and tomatoes with lemon dressing in serving pan.
7. Garnish with parmesan cheese and parsley.

NUTRITION FACTS:
 81 calories, 3g fat,
 60mg sodium, 3g fiber



CONGRATULATIONS to Daniel Schwaninger the winner of our Future Chef Competition held at Easton High School on March 20, 2018 with Asian Shrimp Kabobs.