

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

**2**

**NO SCHOOL**

**3**

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

**4**

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

**5**

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

**6**

Chicken & Waffles  
Ham & Cheese Sandwich  
Peanut Butter & Jelly Sandwich  
Assorted Seasonal Fresh Fruit & Vegetables  
Corn  
Strawberry Cups  
Low Fat Milk

Calories 559.17, Fat 17.2 g, Saturated Fat 5.46 g, Cholesterol 38.54 mg, Sodium 1,049.04 mg, Carbohydrate 80.07 g, Protein 25.34 g

**9**

Hamburger or Cheeseburger  
Garden Cheese Salad w/wo Fresh Baked WG Roll  
Peanut Butter & Jelly Sandwich  
Assorted Seasonal Fresh Fruits & Vegetables  
Baked Beans  
Mandarin Oranges  
Low Fat Milk

**10**

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

**11**

**B-DAY CELEBRATION**  
All entrees offered w/wo WG Rice  
Krispy Treat or Fresh Baked WG Roll  
Chicken Nuggets  
Pig in a Blanket  
Peanut Butter & Jelly Sandwich  
Assorted Seasonal Fresh Fruits & Vegetables  
Corn, Mixed Fruit  
Low Fat Milk

**12**

Chicken Patty Sandwich  
Garden Cheese Salad w/wo Fresh Baked WG Roll  
Peanut Butter & Jelly Sandwich  
Assorted Seasonal Fresh Fruits & Vegetables  
Steamed Broccoli  
Diced Pears  
Low Fat Milk

**13**

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

Calories 635.38, Fat 21.35 g, Saturated Fat 6.78 g, Cholesterol 42.67 mg, Sodium 957.3 mg, Carbohydrate 86.27 g, Protein 29.29 g

**16**

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

**17**

**LUCKY LUNCH TRAY**  
French Bread Pizza  
Yogurt Parfait  
Peanut Butter & Jelly Sandwich  
Assorted Seasonal Fresh Fruits & Vegetables  
Steamed Carrots  
Pineapple Tidbits  
Low Fat Milk

**18**

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

**19**

Homemade Macaroni & Cheese  
Yogurt Parfait  
Peanut Butter & Jelly Sandwich  
Assorted Seasonal Fresh Fruit & Vegetables  
Steamed Broccoli  
Strawberry Cups  
Low Fat Milk

**20**

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

Calories 600.89, Fat 18.01 g, Saturated Fat 5.87 g, Cholesterol 53.32 mg, Sodium 980.56 mg, Carbohydrate 88.24 g, Protein 29.29 g

**23**

Bacon Cheeseburger  
Pizza Crunchers  
Peanut Butter & Jelly Sandwich  
Assorted Seasonal Fresh Fruits & Vegetables  
Baked Beans  
Diced Peaches  
Low Fat Milk

**24**

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

**25**

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

**26**

Chicken Patty Sandwich  
Chicken Caesar Salad w/wo Fresh Baked WG Roll  
Peanut Butter & Jelly Sandwich  
Assorted Seasonal Fresh Fruits & Vegetables  
Steamed Broccoli  
Mandarin Oranges  
Low Fat Milk

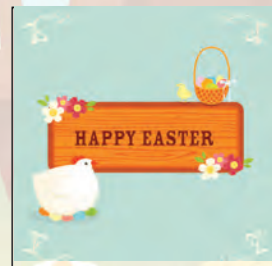
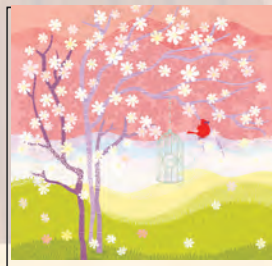
**27**

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

Calories 626.89, Fat 18.01 g, Saturated Fat 4.65 g, Cholesterol 76.20 mg, Sodium 977.63 mg, Carbohydrate 87.61 g, Protein 34.13 g

**30**

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



**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  
Vegetable Servings, 1 Fruit Serving and 1 Milk

Calories 584, Fat 19 g, Saturated Fat 5.58 g, Cholesterol 33 mg, Sodium 742 mg, Carbohydrate 81.58 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.

liffosplayground.com

### BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>NO SCHOOL</b>	Cereal Graham Crackers Fruit 100% Fruit Juice Low Fat Milk	Pancakes Fruit 100% Fruit Juice Low Fat Milk	Cereal Animal Crackers Fruit 100% Fruit Juice Low Fat Milk	Cinni Mini's Fruit 100% Fruit Juice Low Fat Milk
Warm Fruit Frudel Fruit 100% Fruit Juice Low Fat Milk	Cereal Graham Crackers Fruit 100% Fruit Juice Low Fat Milk	Pancakes Fruit 100% Fruit Juice Low Fat Milk	Cereal Animal Crackers Fruit 100% Fruit Juice Low Fat Milk	Cinni Mini's Fruit 100% Fruit Juice Low Fat Milk
Oatmeal Bar Fruit 100% Fruit Juice Low Fat Milk	Cereal Graham Crackers Fruit 100% Fruit Juice Low Fat Milk	Strawberry Gogurt Graham Crackers Fruit 100% Fruit Juice Low Fat Milk	Cereal Animal Crackers Fruit 100% Fruit Juice Low Fat Milk	Cinni Mini's Fruit 100% Fruit Juice Low Fat Milk
Warm Fruit Frudel Fruit 100% Fruit Juice Low Fat Milk	Cereal Graham Crackers Fruit 100% Fruit Juice Low Fat Milk	Pancakes Fruit 100% Fruit Juice Low Fat Milk	Cereal Animal Crackers Fruit 100% Fruit Juice Low Fat Milk	Cinni Mini's Fruit 100% Fruit Juice Low Fat Milk
Oatmeal Bar 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.

