

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 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, Carbohydrate 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 Fruit & 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 of 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 WG 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 Fruits & 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 Fruit & Vegetables
Steamed Broccoli, Five Way Mixed Vegetables
Strawberry Cups
Low Fat Milk

20

Popcorn 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 Fruit & 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

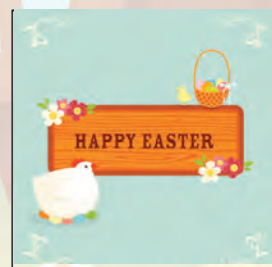
27

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



Meal Definition:
A meal must include 3 out of 5 components offered and on **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**

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.

liffsofplayground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NO SCHOOL	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	Stawberry 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



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

