

### MONDAY



### TUESDAY

Spring Break

### WEDNESDAY

1

Spring Break

### THURSDAY

2

Spring Break

### FRIDAY

3

Spring Break

Select one main item each day, then choose from the side items offered. Breadsticks are available daily!

6

Spring Break

7

Chicken Nuggets & Waffles  
Grilled Cheese  
American Sub  
Popping Chicken Salad/Breadstick  
Oven Fries  
Salad Leafy Greens  
Broccoli Buds  
Baby Carrots  
Applesauce  
Fresh Fruit

8

Pizza  
Cheeseburger  
Classic Chef Salad / Breadstick  
Seasoned Corn  
Salad Leafy Greens  
Broccoli Buds, Baby Carrots  
Paradise Island Pineapple  
Fresh Fruit

9

Beefy Cheese Nachos  
BBQ Chicken on Bun  
BLT Sub  
Chicken Caesar Salad  
Seasoned Refried Beans  
Salad Leafy Greens  
Broccoli Buds  
Baby Carrots  
Fresh Fruit

10

Chunky Chicken & Gravy  
Garlic Breadstick  
Hot Ham & Cheese on Bun  
Crispy Chicken Wrap  
Peppi Pizza Salad / Breadstick  
Mashed Potatoes  
Salad Leafy Greens  
Broccoli Buds, Baby Carrots  
Fresh Fruit

Skim white milk, fat free chocolate milk, and fat free strawberry milk are available daily. One carton comes with a lunch, or may be purchased for \$.30.

13

Popcorn Chicken Bites  
Yogurt Cup with Soft Pretzel  
Ham & Cheese Sub  
Classic Chef Salad/Breadstick  
Sweet Potato Bites  
Salad Leafy Greens  
Broccoli Buds, Baby Carrots  
Applesauce  
Fresh Fruit

14

Creamy Macaroni & Cheese/Breadstick  
Hamburger  
Turkey & Cheese Sub  
Hearty Garden Salad/Breadstick  
Hot Green Peas  
Salad Leafy Greens  
Broccoli Buds, Baby Carrots  
Perfectly Sweet Pears  
Fresh Fruit

15

Cheese or Pepperoni Pizza  
Grilled Cheese Sandwich  
Italian Sub  
Poppin Chicken Salad / Breadstick  
Best Ever Green Beans  
Leafy Salad Greens  
Broccoli Buds, Baby Carrots  
Tangy Applesauce  
Fresh Fruit

16

Cheesy Baked Potato/Breadstick  
Chicken Patty Sandwich  
American Sub  
Cobb Salad / Breadstick  
Piping Hot Pinto Beans  
Salad Leafy Greens  
Broccoli Buds, Baby Carrots  
Tootie Fruity Mixed Fruit  
Fresh Fruit

17

French Toast & Turkey Sausage  
BBQ Chicken on Bun  
Ham & Cheese Wrap  
Chicken Caesar Salad / Breadstick  
Golden Tater Tots  
Leafy Salad Greens  
Broccoli Buds, Baby Carrots  
Paradise Island Pineapple  
Fresh Fruit

Each meal has five components. To receive the meal price students must take three of five components and one must be a fruit or vegetable.

20

Crispy Chicken Sticks  
Sloppy Joe Sandwich  
American Sub  
Peppi Pizza Salad/Breadstick  
Corny Cooked Corn Salad  
Leafy Greens  
Broccoli Buds, Baby Carrots  
Applesauce  
Fresh Fruit

21

Sweet & Sour Chicken  
over rice / Breadstick  
Cheeseburger  
Turkey & Cheese Sub  
Classic Chef Salad/Breadstick  
Good For Your Body Broccoli  
Salad Leafy Greens  
Broccoli Buds, Baby Carrots  
Rockin' & Rollin' Raisins  
Fresh Fruit

22

Chicken Nuggets & Waffle  
Grilled Cheese Sandwich  
Italian Sub  
Poppin Chicken Salad / Breadstick  
Sun Chips  
Salad Leafy Greens  
Broccoli Buds, Baby Carrots  
Applesauce  
Fresh Fruit

23

Beef Tacos  
Turkey Burger  
Ham & Cheese Sub  
Spicy Buffalo Salad/Breadstick  
Seasoned Refried Beans  
Salad Leafy Greens  
Broccoli Buds, Baby Carrots  
Paradise Island Pineapple  
Fresh Fruit

24

Oven Baked Chicken/Breadstick  
Italian Meatball Sub  
Turkey & Cheese Wrap  
Hearty Garden Salad / Breadstick  
Mashed Potatoes  
Salad Leafy Greens  
Broccoli Buds, Baby Carrots  
Tangy Applesauce  
Fresh Fruit

Full Priced Lunch = \$X.XX Reduced Priced Lunch = \$.XX

27

Chicken Tenders/Breadstick  
Yogurt Cup with Soft Pretzel  
Italian Sub  
Hearty Garden Salad/Breadstick  
Steamed Green Beans  
Salad Leafy Greens  
Broccoli Buds, Baby Carrots  
Applesauce  
Fresh Fruit

28

Pasta & Meat Sauce/Breadstick  
Mini Corn Dog Nuggets  
American Sub  
Classic Chef Salad / Breadstick  
Best Ever Green Beans Salad  
Leafy Greens  
Broccoli Buds, Baby Carrots  
Peachy Keen Peaches  
Fresh Fruit

29

Cheese or Pepperoni Pizza  
Grilled Cheese Sandwich  
Turkey & Cheese Sub  
Chicken Caesar Salad / Breadstick  
Good For Your Body Broccoli  
Salad Leafy Greens  
Broccoli Buds, Baby Carrots  
Applesauce  
Fresh Fruit

30

Mini Corn Dogs  
Cheesy Sloppy Joes  
BLT Sub  
Peppi Pizza  
Salad / Breadstick  
Seasoned Corn  
Leafy Green Salad Bar  
Broccoli Buds,  
Baby Carrots  
Fresh Fruit



All of our lunch meats are turkey based products.

## 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.

[www.liftoffsplyground.com](http://www.liftoffsplyground.com)

## BREAKFAST

Paid Breakfast = \$X.XX Reduced Breakfast = \$.XX  
Offered daily: Assorted Cereals, Graham Crackers, & String Cheese

**MONDAY:** Fruit Muffin

**TUESDAY:** Cinnamon Tastrie

**WEDNESDAY:** Egg, Sausage & Cheese Muffin

**THURSDAY:** Mini Pancakes or Waffles

**FRIDAY:** Breakfast Pizza

Every day fresh fruit, juice cups, skim, and fat free milk are offered with breakfast.

We encourage students to take a fruit choice every day!

## Fresh Pick Recipe

### KIWI SALSA

- 1/2 cup red onion-small dice
- 1 jalapeño pepper, minced
- 1 yellow bell pepper, medium dice
- 1 green pepper, medium dice
- 1/2 cucumber, medium dice
- 2 cups kiwi, peeled-medium dice
- 1/2 cup pineapple-medium dice, fresh or canned
- 1/2 cup fresh cilantro leaves, shredded
- 1/2 cup orange juice
- 4 tablespoons lime juice
- 4 tablespoons extra virgin olive oil
- 1 tablespoon honey (optional)
- salt and pepper, to taste

1. Prepare all ingredients as directed and mix in a bowl.
2. Mix orange juice, lime juice and olive oil in small jar.
3. Pour just enough dressing on the salsa to coat.
4. Serve with corn chips.

