

		1	2	3
		Chicken Caesar Salad All American Sandwich on Whole Wheat Bread Chicken Nuggets & Dinner Roll Sloppy Joe ~~~~~ Creamy Mashed Potatoes & Gravy, Baby Carrots, Garden Salad, Diced Pears & Apple Slices	Crispy Chicken Salad Double Berry Parfait (V) Cheesy Omelet & Buttery Toast (V) Walking Nachos ~~~~~ Baked Cinnamon Apples, Caesar Salad, Fresh Broccoli, Applesauce & Fresh Bananas	Crispy Chicken Salad Kidzable: Ham & Cheese Rib-b-que Sandwich Home-Style Cheese Pizza (V) ~~~~~ Western Baked Beans, Celery Sticks, Garden Salad, Mixed Fruit & Orange Smiles

Local ingredients used when seasonally available

6	7	8	9	10
Classic Chef Salad Turkey & Cheese Sandwich on Whole Wheat Bread Charbroiled Cheeseburger Mexi-Chicken Nachos ~~~~~ Frijoles ala Charros, Celery Sticks, Garden Salad, Mixed Fruit & Orange Smiles	Classic Chef Salad Sunbutter & Jelly Sandwich & String Cheese (V) Hearty Chili & Cinnamon Roll (V) Creamy Mac & Cheese (V) ~~~~~ Roasted Broccoli, Baby Carrots, Caesar Salad, Diced Peaches & Fresh Bananas	Chicken Caesar Salad All American Sandwich on Whole Wheat Bread Italian Dunkers (V) Chicken Nuggets & Dinner Roll ~~~~~ Whipped Potatoes & Gravy, Fresh Broccoli, Garden Salad, Diced Pears & Apple Slices	Crispy Chicken Salad Strawberry Fields Parfait (V) Chicken Enchilada Suiza Home Run Hot Dog ~~~~~ Golden Corn, Caesar Salad, Baby Carrots, Applesauce & Fresh Bananas *Mini Cocoa Rice Krispies Treat*	Crispy Chicken Salad Kidzable: Italian Scratch Beef Lasagna Pepperoni Pizza ~~~~~ Roasted Squash & Zucchini, Garden Salad, Celery Sticks, Mixed Fruit & Orange Smiles

Variety of fat free and low fat milk are offered daily

13	14	15	16	17
Classic Chef Salad Turkey & Cheese Sandwich on Whole Wheat Bread Goopy Grilled Cheese Sandwich (V) Walking Nachos ~~~~~ Refried Beans, Garden Salad, Baby Carrots, Pineapple Tidbits & Orange Smiles	Classic Chef Salad Sunbutter & Jelly Sandwich & String Cheese (V) Charbroiled Cheeseburger Zesty Orange Chicken with Rice ~~~~~ Mixed Vegetables, Caesar Salad, **Fresh Cauliflower, Diced Peaches & Fresh Bananas	Chicken Caesar Salad Terrific Turkey & Cheese Sandwich Bean & Cheese Burrito (V) Chicken & Waffles ~~~~~ Sweet Potato Fries, Garden Salad, Celery Sticks, Diced Pears & Sliced Apples	Crispy Chicken Salad Just Peachy Parfait (V) Oklahoma Twister Dog Steak Fingers with Dinner Roll ~~~~~ Whipped Potatoes & Gravy, Fresh Broccoli, Caesar Salad, Applesauce & Fresh Bananas *Freshly Baked Cookie*	No School ~~~~~

(V) Denotes a vegetarian friendly item

20	21	22	23	24
Classic Chef Salad Ham & Cheese Sandwich on Whole Wheat Bread Chicken Fried Steak Sandwich Italian Dunkers (V) ~~~~~ Western Baked Beans, Baby Carrots, Garden Salad, Mixed Fruit & Orange Smiles	Classic Chef Salad Sunbutter & Jelly Sandwich & String Cheese (V) Cheesy Chicken Spaghetti Frito Chili Pie ~~~~~ Golden Corn, Celery Sticks, Caesar Salad, Diced Peaches & Bananas *Mini Rice Krispies Treat*	Chicken Caesar Salad **Earth Day Parfait** (V) Chicken Nuggets with Dinner Roll Creamy Macaroni & Cheese (V) ~~~~~ Whipped Potatoes & Gravy, Baby Carrots, Garden Salad, Diced Pears & Apple Slices	Crispy Chicken Salad All American Sandwich on Whole Wheat Bread French Toast Sticks & Sausage Corn Dog ~~~~~ Tater Tots, Fresh Broccoli, Caesar Salad, Applesauce & Fresh Bananas	Crispy Chicken Salad Kidzable: Italian Scratch Beef Lasagna Pepperoni Pizza ~~~~~ Groovy Green Beans, Celery Sticks, Garden Salad, Mixed Fruit & Orange Smiles

**Celebrate Earth Day with us with our special Earth Day Parfait on April 22nd!

27	28	29	30	
Classic Chef Salad Turkey & Cheese Sandwich on Whole Wheat Bread Chicken Tenders with Dinner Roll Asian Meatballs with Lo Mein ~~~~~ Roasted Broccoli, Baby Carrots, Garden Salad, Pineapple Tidbits & Orange Smiles	Classic Chef Salad Sunbutter & Jelly Sandwich & String Cheese (V) Chicken Enchilada Suiza Beefy Nachos ~~~~~ Refried Beans, Celery Sticks, Caesar Salad, Diced Peaches & Fresh Bananas *Freshly Baked Cookie*	Chicken Caesar Salad All American Sandwich on Whole Wheat Bread Goopy Grilled Cheese Sandwich (V) Chicken & Waffle ~~~~~ Emoji Potatoes, Fresh Broccoli, Garden Salad, Diced Pears & Apple Slices	Crispy Chicken Salad Blueberry Patch Parfait & String Cheese (V) BBQ Drumstick with Dinner Roll Crispy Chicken Sandwich ~~~~~ **Oven Roasted Cauliflower, Caesar Salad, Fresh Broccoli, Applesauce & Bananas	

The Fresh Pick for April is Cauliflower! Fresh cauliflower is an excellent source of vitamin C, vital B vitamins & vitamin K. Try it fresh & roasted this month!

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.

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Variety of Cereal & Milk Offered Daily!		April 1 Sausage & Gravy Breakfast Pizza Yogurt with Graham Crackers Fresh Bananas Orange Juice	April 2 Filled Cinnamon Toast Crunch Bar Egg & Cheese Breakfast Sandwich Mixed Fruit Apple Juice	April 3 BYO Oatmeal Bar Strawberry Nutrigrain Bar Diced Peaches Orange Juice
April 6 French Toast Sticks Yogurt with Graham Crackers Diced Peaches Orange Juice	April 7 Biscuit & Gravy Glazed Donut Orange Smiles Apple Juice	April 8 Sausage & Gravy Breakfast Pizza Blueberry Muffin Fresh Bananas Orange Juice	April 9 Breakfast Taco Cinnamon Roll Tater Tots Apple Juice	April 10 Breakfast Pizza Strawberry Nutrigrain Bar Diced Peaches Orange Juice
April 13 Pancake Sausage Wrap Double Chocolate Chip Muffin Diced Peaches Orange Juice	April 14 Sausage Biscuit Glazed Donut Orange Smiles Apple Juice	April 15 Breakfast Pizza Apple Cinnamon Nutrigrain Bar Fresh Bananas Orange Juice	April 16 Cheesy Omelet Cinnamon Roll Mixed Fruit Apple Juice	April 17 No School
April 20 Pancakes Hard Boiled Egg Diced Peaches Orange Juice	April 21 Honey Glazed Chicken Biscuit Banana Muffin Orange Smiles Apple Juice	April 22 Sausage & Gravy Breakfast Pizza Yogurt with Graham Crackers Mixed Fruit Orange Juice	April 23 Filled Cinnamon Toast Crunch Bar Egg & Cheese Breakfast Sandwich Mixed Fruit Orange Juice	April 24 **Birthday Mini Confetti Pancakes! Strawberry Nutrigrain Bar Diced Peaches Orange Juice
April 27 French Toast Sticks Yogurt with Graham Crackers Diced Peaches Orange Juice	April 28 Biscuit & Gravy Glazed Donut Orange Smiles Apple Juice	April 29 Sausage & Gravy Breakfast Pizza Blueberry Muffin Fresh Bananas Orange Juice	April 30 Breakfast Taco Cinnamon Roll Mixed Fruit Apple Juice	

Fresh Pick Recipe

CAULIFLOWER SQUASH BAKE

- 1 Butternut squash (medium/peeled/ large dice)
- 1 Cauliflower (florets separated)
- 1 Onion (small/sliced thin)
- Salt and pepper to taste
- 2 T Olive Oil
- 1 T lemon juice
- 1 c Cherry tomatoes

1. Prepare all ingredients as directed.
2. Preheat oven to 400 degrees.
3. On a large baking sheet, place the squash, cauliflower, and onion.
4. Mix the olive oil with the lemon juice and drizzle on the vegetables.
5. Add salt and pepper to taste.
6. Place in oven and bake for 20 minutes.
7. Stir the vegetables and add the tomatoes.
8. Place back in the oven for 5 minutes or until vegetables are crisp/ tender.



What is a reimbursable meal?

To qualify for a reimbursable lunch, each student must select at least 3 of the 5 components offered. One selection must be a fruit or vegetable. Meal components include fruits, vegetables, grains, meat/meat alternative, and milk.