

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.



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.liftoffsplayground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
April 1 French Toast Sticks Applesauce ----- Fruit Juice & Milk	April 2 Breakfast Pizza Biscuits & Gravy Bananas ----- Fruit Juice & Milk	April 3 Egg & Cheese Breakfast Burrito Orange Smiles ----- Fruit Juice & Milk	April 4 Sausage Biscuit Donut Bananas ----- Fruit Juice & Milk	April 5 NO SCHOOL
April 8 Cinnamon Toast Crunch Pastry Bar Applesauce ----- Fruit Juice & Milk	April 9 Scrambled Eggs & Toast Donut Bananas ----- Fruit Juice & Milk	April 10 Biscuits & Gravy Orange Smiles ----- Fruit Juice & Milk	April 11 H&C English Muffin Cinnamon Roll Craisins ----- Fruit Juice and Milk	April 12 Sausage Biscuit Apple Slices ----- Fruit Juice & Milk
April 15 French Toast Bites Applesauce ----- Fruit Juice & Milk	April 16 Apple Cinnamon Muffin Egg & Cheese English Muffin Bananas ----- Fruit Juice & Milk	April 17 Breakfast Pizza Orange Smiles ----- Fruit Juice & Milk	April 18 Yogurt Waffle Flatbread Stacker Bananas ----- Fruit Juice & Milk	April 19 NO SCHOOL
April 22 Pancake Sausage Bites Applesauce ----- Fruit Juice & Milk	April 23 Biscuits & Gravy Cinnamon Roll Bananas ----- Fruit Juice & Milk	April 24 Egg & Cheese Breakfast Burritos Orange Smiles ----- Fruit Juice & Milk	April 25 Ham & Cheese English Muffin Blueberry Muffin Craisins ----- Fruit Juice & Milk	April 26 French Toast Sticks Apple Slices ----- Fruit Juice & Milk
April 29 French Toast Bites Applesauce ----- Fruit Juice & Milk	April 30 Apple Cinnamon Muffin Egg & Cheese English Muffin Bananas ----- Fruit Juice & Milk			

Fresh Pick Recipe

OVEN ROASTED BROCCOLI WITH PANKO (SERVES 4)

- 1 tablespoon garlic (raw)
- 2 tablespoons fresh basil (chopped)
- 2 cups fresh broccoli (cooked)
- 1/2 cup canned tomato (diced)
- 2 tablespoons canola/olive oil blend
- 1/8 teaspoon black pepper (ground)
- 1 tablespoon Italian seasoning
- 2 tablespoons panko bread crumbs
- 2 tablespoons grated Parmesan cheese

1. Chop garlic.
2. Wash basil and pat dry. Pull leaves off of stem and roughly chop.
3. Chop broccoli.
4. Drain tomatoes.
5. Lightly coat broccoli, chopped garlic and diced tomatoes with oil, Italian seasoning and pepper. Spread out on parchment lined sheet pan.
6. Bake in 450°F standard (conventional) oven for 10 minutes and broccoli is tender.
7. Sprinkle broccoli mixture with Panko and bake 5 more minutes.
8. Carefully transfer broccoli mixture to serving pan. Garnish with Parmesan cheese and basil.

NUTRITION FACTS:
 395 calories, 10g fat,
 197mg sodium, 3g fiber

Variety of cereal, fat-free, & low-fat milk offered daily

Nutrition Information is available upon request.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1	2	3	4	5
Chicken Alfredo Mac Italian Cheese Dippers (V) Pizza Bento Box (V) ----- Roasted Green Beans Roasted Broccoli	Cheese Pizza (V) Chicken Quesadilla American Sandwich ----- Pinto Beans Chocolate Chip Cookie	Grilled Cheese Sandwich (V) Spaghetti & Meat Sauce Turkey & Cheese Sandwich ----- Sweet Peas Sweet Potato Fries	Chili Cheese Dog Frito Chili Pie Sunbutter & Jelly Sandwich (V) ----- Carrot Coins Steamed Corn	NO SCHOOL

8	9	10	11	12
Walking Nachos BBQ Chicken Sandwich Taco Cheese Wrap ----- Black Beans Roasted Baby Carrots	Crispy Beef Tacos Corn Dog Crispy Chicken Wrap ----- Roasted Broccoli Crinkle Cut Fries Chocolate Chip Cookie	Breakfast 4 Lunch Pepperoni Pizza American Sandwich ----- Baked Apples Green Beans	Chicken Nuggets Chili Cheese Fries Chicken Caesar Wrap ----- Sweet Peas Mashed Potatoes & Gravy	Sloppy Joes Tater Tot Casserole Just Peachy Parfait (V) ----- Mixed Vegetables Tater Tots

15	16	17	18	19
Crispy Beef Tacos Chicken & Waffle Ham & Cheese Sandwich ----- Sweet Potato Deep Groove Crinkles Baked Cinnamon Apples	Italian Dunkers (V) Lasagna Buffalo Chicken Wrap ----- Green Beans Chocolate Chip Cookie	Beef & Cheese Nachos (V) Mexi-Chicken Nachos Crispy Chicken Wrap ----- Corn Elotes Charro Beans	Twisted Dog Spaghetti & Meat Sauce Sunbutter & Jelly Sandwich (V) ----- Roasted Broccoli Tater Tot	NO SCHOOL

22	23	24	25	26
BBQ Riblet Sandwich Baked Beef Penne American Sandwich ----- Green Beans Sweet Potato Deep Groove Crinkles	Cheese Pizza (V) Hamburger Chicken Caesar Wrap ----- Roasted Broccoli Crinkle Cut Fries Chocolate Chip Cookie	Crispy Chicken Sandwich Chicken Nuggets Strawberry Banana Parfait (V) ----- Smile Fries Corn	Beefy Totchos Cheese Quesadilla (V) Crispy Chicken Wrap ----- Refried Beans Onion & Pepper Tater Tot Hash	Beef & Cheese Nachos BBQ Glazed Drum Stick Sunbutter & Jelly Sandwich (V) ----- Baked Beans Glazed Baby Carrots

29	30			
Cheeseburger Macaroni & Cheese (V) Ham & Cheese Sandwich ----- California Blend Vegetables Tater Tots	Crispy Beef Tacos Popcorn Chicken Bowl Hearty Garden Salad (V) ----- Corn Mashed Potatoes Chocolate Chip Cookie			