

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

Breakfast:
Fruit Frudel (v)

Lunch:
Teriyaki Glazed Chicken Rice Bowl
Cheesy Lasagna Rollup (v)
Turkey & Cheese Sandwich

4

Breakfast:
Pancake Sausage on a Stick

Lunch:
Breakfast for Lunch:
Crunchy Chicken & Waffles with Syrup
Oven Baked Veggie Burger (v)
Chef Salad w/ WG Roll

5

Breakfast:
Egg & Cheese Breakfast Sandwich (v)

Lunch:
Bean and Cheese Nachos (v)
Fiesta Burrito Bowl
Italian Sub

6

Breakfast:
French Toast with Syrup (v)

Lunch:
Baked Penne Pasta (v)
Crispy Chicken Nuggets with WG Roll
American Sandwich

7

Breakfast:
Freshly Baked Blueberry Muffin

Lunch:
House-Made Cheese Pizza (v)
House-Made Pepperoni Pizza
Fish Po Boy Sub with Scratch-Made Tarter Sauce

Breakfast Includes: Choice of entrée listed or selection of cereal with toast or cheese stick, choice of fruit, and milk.

10

Breakfast:
Egg & Cheese Quesadilla (v)

Lunch:
Cheesy Breadsticks with Marinara (v)
Cheesy Bean Enchiladas (v)
Ham & Cheese Sandwich

11

Breakfast:
Poppin' Pancake Bites with Cinnamon & Sugar (v)

Lunch:
Mini Italian Cheese Ravioli with WG Roll (v)
Crispy Chicken Burger
Veggie Burger (v)

12

Breakfast:
Sausage & Cheese Breakfast Sandwich

Lunch:
Orange Glazed Chicken & Rice Bowl
Golden Baked Corn Dog
Sunbutter & Jelly Sandwich (v)

13

Breakfast:
Peachy Yogurt Parfait with Graham Cracker Topping

Lunch:
Creamy Homestyle Mac and Cheese (v)
Oven Baked Hamburger
OR Cheeseburger

14

Breakfast:
Fabulous French Toast with Syrup

Lunch:
Breakfast for Lunch:
Cheese Omelet with Crispy Baked Hashbrown (v)
House-Made Cheese Pizza House
House-Made Meat Lovers Pizza

Lunch Includes: Choice of entrée listed, variety of fruits and vegetables, and milk.

17

Breakfast:
Waffles with Strawberry Topping (v)

Lunch:
Meatball Marinara Sub
Crispy Chicken Nuggets with WG Roll
Chef Salad with WG Roll

18

Breakfast:
Turkey Sausage Breakfast Pizza

Lunch:
Taco Tuesday:
Turkey Soft Taco
Fiesta Taco Salad with Tortilla Chips
Hummus Snack Pack (v)

19

Breakfast:
Breakfast Burrito

Lunch:
Sweet & Sour Glazed Chicken & Rice Bowl
Home Run Hot Dog
Sunbutter & Jelly Sandwich (v)

20

Breakfast:
Maple & Brown Sugar Oatmeal with Blueberries (v)

Lunch:
Cheesy Breadsticks with Marinara (v)
Cheesy Beef & Bean Nachos

21

Breakfast:
Freshly Baked WG Cinnamon Roll (v)

Lunch:
House-Made Cheese Pizza (v)
House-Made Pepperoni Pizza
Scratch-Made Sloppy Joe

Earth Day Treat: Oreo Dirt Cup

Ham, sausage, hot dogs, and pepperoni are "Turkey" based products and **DO NOT** contain pork!

24

Breakfast:
Egg & Cheese Bagel Sandwich

Lunch:
Bean and Cheese Burrito (v)
Oven Baked Hamburger
OR Cheeseburger
Veggie Burger (v)

25

Breakfast:
Maple Mini Waffles (v)

Lunch:
Crispy Chicken Burger
Sunbutter and Jelly Sandwich (v)
Greek Salad with WG Roll

26

Breakfast:
Ham & Cheese Breakfast Sandwich

Lunch:
Scratch-Made Chicken Posole with Tortilla Chips
Grecian Chicken & Rice Bowl
Chef Salad with WG Roll

27

Breakfast:
Double Berry Yogurt Parfait with Graham Cracker Topping(v)

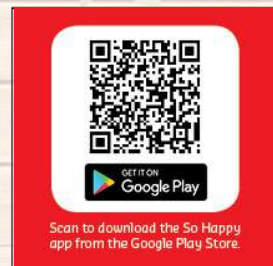
Lunch:
Popcorn Chicken Potato Bowl and WG Roll
Golden Baked Corn Dog
Crispy Chicken Salad with WG Roll

28

Breakfast:
Freshly Baked Fruit Muffin

Lunch:
House-Made Cheese Pizza (v)
House-Made Pepperoni Pizza
Crispy Fish & Chips with Scratch-Made Tarter Sauce
Side Veggie:
Oven-Baked French Fries

* All Menu items are subject to availability*



For more detailed nutritional information please go to -- <https://salemkeizersd.sodexomyway.com>

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.

liftoffsplayground.com

Let's Talk Trash

There is a growing concern about food loss and waste throughout the United States. Consider that about 90 billion pounds of edible food goes uneaten each year. This costs most people about \$370 each year.

As the world population continues to grow, there is a greater need to set goals and develop initiatives to reduce the amount of food wasted. Less food loss and waste can help save money, improve food access and protect natural resources. The impacts of food loss and waste include:

- Food waste is the single largest component going into municipal landfills.
- Wholesome food is sent to landfills instead of feeding people in need.
- Producing, processing, transporting, preparing, storing and disposing of discarded food uses inputs such as land, water, labor and energy that could be available for other purposes.

What can you do?

Being mindful about planning, purchasing, protecting, preserving, storing, re-purposing, donating and recycling food can help you save money and reduce the amount of food thrown away. To learn more about how you and your family can help manage food waste, check out the USDA infographic at <https://choosemyplate-prod.azureedge.net/sites/default/files/printablematerials/2015-LetsTalkTrash-2page.pdf>.

Also, the Eating Healthy on a Budget section of ChooseMyPlate.gov provides ways to eat healthy and manage food resources at home: <https://www.choosemyplate.gov/budget>.

Source: <https://www.choosemyplate.gov/lets-talk-trash>.

Our foodservice facility prepares and serves some products which may contain ingredients identified as food allergens. For more information on food allergies, go to <http://www.foodallergy.org/>.

Fresh Pick Recipe

APPLE AND CARROT SAUTÉ

- 1 ½ Tbsp olive oil
- ¼ c onion (small dice)
- ½ c celery (sliced thin)
- 2 c carrots (1" slices)
- 1 c plus 2 Tbsp water (divided)
- 1 ½ c apples (unpeeled/tart/large dice)
- 1 Tbsp honey
- 2 Tbsp orange juice
- 1 Tbsp cornstarch
- salt and pepper to taste
- 2 Tbsp parsley (sliced)

1. Prepare ingredients as directed.
2. In medium saucepan sauté onions and celery in the olive oil for 2 minutes until tender.
3. Add 1 C water and the carrots to the pan and simmer until carrots are crisp but tender.
4. Drain any remaining water. Add apples, honey and orange juice to the carrots and sauté for 5 minutes.
5. Combine the cornstarch with the remaining 2 T water and add to the pan.
6. Add salt and pepper to taste.
7. Bring to a medium boil and then simmer for 2 minutes. Garnish with parsley and serve.



SCHOOL MEAL PRICES:

All Student meals are free for the 2022/'23 school year.
*(No adult meals are available at this time)

Nutrition Information is available upon request.

