

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

Breakfast:
Fruit Frudel (v)
Lunch:
Cheesy Lasagna Rollup (v)

4

Breakfast:
Pancake Sausage on a Stick
Lunch:
Chef Salad with Roll

5

NO SCHOOL

6

Breakfast:
French Toast with Syrup (v)
Lunch:
Crispy Chicken Nuggets with WG Roll

7

Breakfast:
Maple Mini Waffles (v)
Lunch:
House-Made Cheese Pizza (v)

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 Bean Enchiladas (v)

11

Breakfast:
Poppin' Pancake Bites with Cinnamon & Sugar (v)
Lunch:
Mini Italian Cheese Ravioli with WG Roll (v)

12

Breakfast:
Sausage & Cheese Breakfast Sandwich
Lunch:
Orange Glazed Chicken & Rice Bowl

13

Breakfast:
Peachy Yogurt Parfait with Graham Cracker Topping
Lunch:
Creamy Homestyle Mac and Cheese (v)

14

Breakfast:
Fabulous French Toast with Syrup
Lunch:
House-Made Meat Lovers pizza (Beef & Pepperoni - NO PORK)

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

17

Breakfast:
Waffles with Strawberry Topping (v)
Lunch:
Chef Salad with WG Roll

18

Breakfast:
Turkey Sausage Breakfast Pizza
Lunch:
Fiesta Taco Salad with WG Roll

19

Breakfast:
Breakfast Burrito
Lunch:
Sweet & Sour Glazed Chicken & Rice

20

Breakfast:
Maple & Brown Sugar Oatmeal with Blueberries (v)
Lunch:
Cheesy Breadsticks with Marinara (v)

21

Breakfast:
Poppin' Pancake Bites with Cinnamon & Sugar (v)
Lunch:
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:
Oven Baked Hamburger OR Cheeseburger Veggie Burger (v)

25

Breakfast:
Maple Mini Waffles (v)
Lunch:
Crispy Chicken Burger

26

Breakfast:
Ham & Cheese Breakfast Sandwich
Lunch:
Grecian Chicken & Rice Bowl

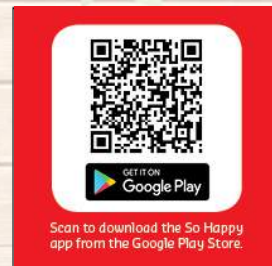
27

Breakfast:
Double Berry Yogurt Parfait with Graham Cracker Topping(v)
Lunch:
Popcorn Chicken Potato Bowl and WG Roll

28

Breakfast:
Pancake Sausage on a Stick
Lunch:
House-Made Pepperoni Pizza (NO PORK)

* 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.

