

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

April's Chef of the Day
PATRICK SIKORSKI



Choice of fresh tossed salad, vegetables of the day, fresh vegetables, fresh fruit, cupped fruit, fruit juice and milk come with every entrEe everyday.



All lunches served with choice of milk: Skim, 1% white or fat free chocolate

4

Mozzarella Sticks w/Marinara Sauce
Bagel Cheese Burger
Ham & Cheese Sandwich
Asian Chicken Salad
Bagel Boat
Sweet Potato Fries
Spinach Tossed Salad
Fresh Fruit & Fruit Cup
STICKER DAY

5

Mac & Cheese w/ Roll
Herb Roasted Chicken w/Rice
Ham & Cheese Sandwich
Asian Chicken Salad
Bagel Boat
Steamed Green Peas
French Fries
Spinach Tossed Salad
Fresh Fruit & Fruit Cup

6

Deli Station
Tony's Pepperoni Pizza
Asian Chicken Salad
Bagel Boat
Hummus & Carrot Sticks
Fresh Fruit & Fruit Cup

7

Chinese Popcorn Chicken
With or without sauce
Brown Rice
Steamed Broccoli
Hot Dog on a Bun
Asian Chicken Salad
Ham & Cheese Sandwich
Bagel Boat
Spinach Tossed Salad
Fresh Fruit & Fruit Cup

8

Big Daddy Cheese
Monster Sub w/Meatball/Mozz Stick
Ham & Cheese Sandwich
Asian Chicken Salad
Bagel Boat
Cauliflower
Spinach Tossed Salad
Fresh Fruit & Fruit Cup

Menu subject to change.

11

CHEF OF THE DAY PICKS
Pancakes w/Sausage and
a side of yogurt with strawberries
Ham Sandwich
Carrot Sticks
Cereal Boat
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

12

Chicken Nuggets w/Breadstick
Grilled Cheese
Peas
Chicken Salad Sandwich
Chicken Caesar Salad
Cereal Boat
Potato Wedges
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

13

Deli Station
Chicken Patty Sandwich
Chicken Caesar Salad
Cereal Boat
Caesar Salad
Romaine Tossed Salad
Fresh Fruit & Fruit Cup
STICKER DAY

14

Nacho Supreme
Bacon Cheese Turkey Burger
Chicken Salad Sandwich
Chicken Caesar Salad
Cereal Boat
Baked Veg Beans
Red Pepper Strips
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

15

French Bread Pizza
Cheese Steak Sub
Chicken Salad Sandwich
Chicken Caesar Salad
Cereal Boat
Roasted Zucchini with Red Pepper
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

Peanut butter & jelly sandwich and yogurt boats available daily

18

Chicken and Cheese Quesadilla
Pretzel Cheese Burger
Carrot Coins
Tuna Wrap
Chef Salad
Cheese & Cracker Box
Spinach Tossed Salad
Fresh Fruit & Fruit Cup
STICKER DAY

19

Popcorn Chicken Bowl
Hot Dog on a Bun
Tuna Wrap
Chef Salad
Cheese & Cracker Box
Golden Corn
Mashed Potatoes
Spinach Tossed Salad
Fresh Fruit & Fruit Cup

20

Deli Station
Tony's Pizza
Caesar Salad Side
Chef Salad
Cheese & Cracker Box
Fresh Fruit & Fruit Cup

21

BAked Ziti w/Garlic Bread
Ham, Egg & Cheese Breakfast Wrap
Tuna Wrap
Chef Salad
Cheese & Cracker Box
Carrot Sticks
BBQ Baked Beans
Spinach Tossed Salad
Fresh Fruit & Fruit Cup

22

Domino's Pizza
Meatball Sub
Tuna Wrap
Chef Salad
Cheese & Cracker Box
Cucumber Slices
Spinach Tossed Salad
Fresh Fruit & Fruit Cup

Gluten free bread and dairy free available upon request - Must be pre-ordered during lunch counts in the classroom

25

Bosco Cheese Sticks w/Marinara
Cheese Burger
Italian Hero
Antipasto Salad
Pretzel Boat
Carrot Coins
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

26

Chicken Tenders w/Breadstick
Taco Potato Skins w/Tortilla Chips
French Fries
Italian Hero
Antipasto Salad
Pretzel Boat
Romaine Tossed Salad
Fresh Fruit & Fruit Cup
STICKER DAY

27

Deli Station
Chicken Parm Sub
Antipasto Salad
Pretzel Boat
Caesar Side Salad
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

28

Spaghetti & Meatballs w/Roll
Hot Dog on a Bun
Italian Hero
Antipasto Salad
Pretzel Boat
Carrot Sticks
Bean Salad
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

29

Big Daddy Pizza
Grilled Cheese w/Tomato Soup
Italian Hero
Antipasto Salad
Pretzel Boat
Celery Sticks
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

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

Finding Protein in a Plant-Based Diet

Protein is one of three energy nutrients, which means protein helps provide calories to your diet. When people adopt a vegetarian lifestyle, depending on the type of vegetarian they are (lacto-ovo, vegan, etc.) protein can be easily overlooked in the diet. This can be problematic because protein is also needed for muscle growth and repair, hair and nail growth, the production of hormones and red blood cells and the maintenance of a healthy immune system. About 15 to 20% of all the calories we eat should come from protein. Animal foods are common sources of protein, however there are also popular plant based foods that can contribute protein to a healthy diet.

Foods such as beans and legumes, tofu, tempeh and grains such as quinoa or barley are all excellent sources of protein. The key is learning how to add these foods into your daily meals and snacks. For example, beans can be added to eggs or a morning breakfast burrito, bean dips like hummus, are convenient snacks with cut up vegetables, quinoa can take the place of pasta in a meal and often foods like tofu can be substituted for animal proteins in meals like spaghetti and meat sauce, chili, lasagna or as a topping on pizza. To ensure you and your family include plenty of protein in your vegetable based diet, gather some recipes and try at least one new dish each week. Build a list of family favorites and rotate these meals into your monthly meal plan.

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

BAKED CHICKEN WITH GRAPES

- 1 Chicken (cut in 10 pieces)
- 1 cup Chicken broth
- 1 Onion (sliced in wedges)
- 1 T Olive oil
- 1-2 t dried sage (can substitute with fresh)
- Salt and pepper to taste
- 3 cups Grapes

1. Prepare all ingredients as directed.
2. Preheat oven to 400 degrees.
3. Place the chicken pieces in medium baking pan. Pour chicken broth around the chicken and add the onion wedges.
4. Brush the top side of the chicken with the olive oil. Sprinkle the dried sage on the chicken and salt and pepper to taste.
5. Place in oven for 20 minutes.
6. Remove from oven and add the grapes to the pan.
7. Roast chicken and grapes for another 15-20 minutes or until the chicken is done.
8. Serve with rice.



Lunch price \$2.75 reduced \$.40. Please visit our SodexoMyWay website for making payments on line using MealTime On-Line. You may also send a check made payable to Chester BOE. SodexoMyWay offers all your food service needs. Catering forms, price lists, menus, product labels for parties, news letters and much more. Just click on the food service link from Chester's website for easy access. Any questions or comments please call Nancy Rapisardi 908-879-3642.

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