

MONDAY

TUESDAY

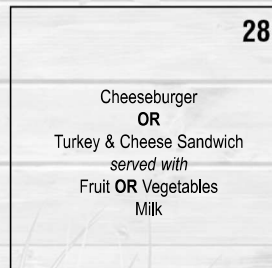
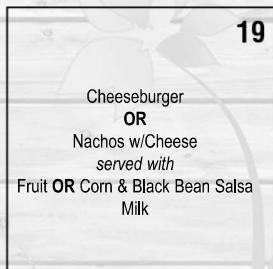
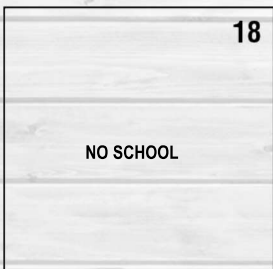
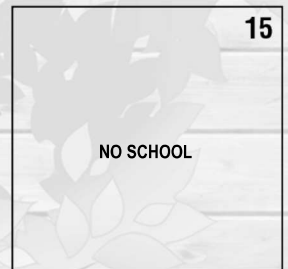
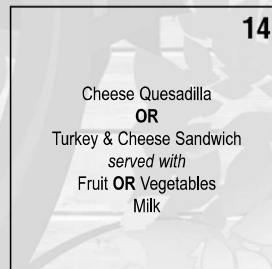
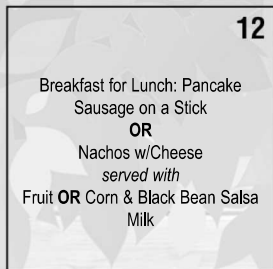
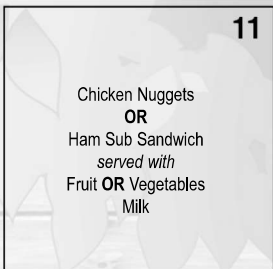
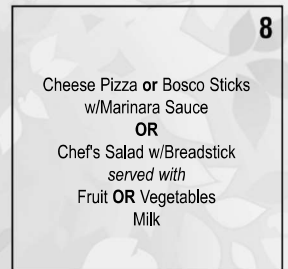
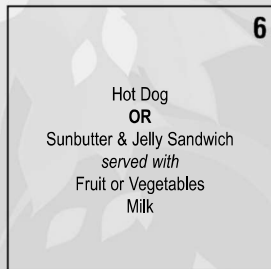
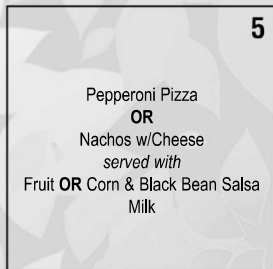
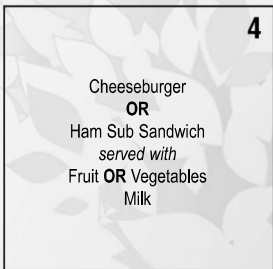
WEDNESDAY

THURSDAY

FRIDAY



Offered Daily: Fresh Fruits, Vegetables, Nonfat & Low fat Milk



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.liftoffsplyground.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

LEMONY RICE WITH RAISINS

- 1 tablespoon olive oil
- 1/2 cup onion, small dice
- 1/4 cup celery, medium dice
- 2 cups rice (basmati or aromatic rice preferred)
- 4 cups chicken broth
- 1 tablespoon lemon juice
- 1/2 teaspoon turmeric
- 1/4 teaspoon cinnamon
- salt and pepper to taste
- 3/4 cup raisins
- 2 tablespoons fresh parsley

1. Prepare ingredients as directed.
2. In medium pan, sauté the onion and celery in the olive oil for 2 minutes.
3. Add remaining ingredients except for the raisins.
4. Bring rice to a boil, cover and reduce heat to low for 20 minutes.
5. When rice is done cooking, fluff the rice with a fork and stir in the raisins.
6. Sprinkle the rice with parsley and serve.