

# April 2024 Breakfast Menu



## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

1

- Cheesy Eggs w/ Toast **V**
- Apple Cinnamon Muffin w/ String Cheese **V**
- Fresh Apple
- Diced Pears

2

- Hard Boiled Egg Breakfast Box **V**
- Tropical Mango Oatmeal Round **V**
- Banana Muffin w/ String Cheese **V**
- Strawberries
- Fresh Tangerine

3

- Breakfast Biscuit Sandwich
- Strawberry yogurt w/ Graham Crackers **V**
- Blueberry Muffin w/ String Cheese
- Orange Wedges
- Apple Juice

4

- French Toast Sticks **VE**
- Bagel w/ Cream Cheese **V**
- Cantaloupe
- Baked Cinnamon Apples

5

**NO SCHOOL**

8

- Breakfast Sausage and Pancake on a Stick
- Bagel w/ Cream Cheese **V**
- Apple Cinnamon Muffin
- String Cheese
- Orange Wedges
- Frozen Blueberries

9

- Egg & Cheese Flatbread Sandwich **V**
- Vanilla Yogurt w/ Graham Crackers **V**
- Banana Muffin w/ String Cheese **V**
- Fresh Apple
- Fresh Tangerine

10

- Scrambled w/ Whole Grain Biscuit **V**
- Cinnamon French Toast Bites **V**
- Blueberry Muffin **V**
- Orange Wedges
- Watermelon

11

- French Toast Sticks **VE**
- Blueberry Patch Parfait w/ Graham Crackers **V**
- Apple Cinnamon Muffin w/ String Cheese **V**
- Grape Juice
- Fresh Apple Slices

12

- Egg and Potato Breakfast Burrito **V**
- Maple Snack N Waffles
- Blueberry Muffin
- String Cheese **V**
- Applesauce
- Fresh Banana

15

**NO SCHOOL**

16

**NO SCHOOL**

17

**NO SCHOOL**

18

**NO SCHOOL**

19

**NO SCHOOL**

22

- French Toast Sticks **VE**
- Banana Muffin w/ String Cheese **V**
- Fresh Apple
- Fresh Tangerine

23

- Maple Snack N Waffles **V**
- Scrambled Eggs w/ Toast **V**
- Blueberry Muffin w/ String Cheese **V**
- Apple Juice
- Pineapple Tidbits

24

- Biscuit & Country Gravy
- Tropical Oatmeal Round **V**
- Apple Muffin w/ String Cheese **V**
- Banana
- Wild Blueberries

25

- Cheddar Cheese Omelet **V**
- Bagel w/ Cream Cheese **V**
- Banana Muffin w/ String Cheese **V**
- Orange Wedges
- Pineapple Tidbits

26

- Sausage Breakfast Sandwich
- Vanilla Yogurt Cup w/ Graham Crackers **V**
- Blueberry Muffin w/ String Cheese **V**
- Grapes
- Fresh Tangerine

29

- Blueberry Snack N Waffles **V**
- Hard Boiled Egg Bento Box **V**
- Banana Muffin w/ String Cheese
- Fresh Banana
- Orange Wedges

30

- Turkey Sausage Breakfast Pizza
- Cinnamon French Toast Bites
- Blueberry Muffin w/ String Cheese
- Grape Juice
- Fresh Tangerine

May 1

- Chicken Biscuit Sandwich
- Cranberry Orange Sunrise Round **V**
- Applesauce
- Strawberry Cup

2

- Egg & Potato Breakfast Burrito **V**
- Bagel w/ Cream Cheese **V**
- Apple Cinnamon Muffin **V**
- String Cheese
- Red Seedless Grapes
- Fresh Banana

3

- Strawberry Oatmeal **VE**
- Vanilla Yogurt w/ Graham Crackers **V**
- Blueberry Muffin w/ String Cheese **V**
- Frozen Blueberries
- Strawberry Cup

For an interactive menu a nutrient information, please visit us on [dcps.sodexomyway.com](https://dcps.sodexomyway.com)

Offered Daily:  
Skim or 1% Milk

Assorted Cereals:  
Cheerios, Rice Chex, Cinnamon Chex

**VE – Vegan**  
**V- Vegetarian**  
**Local**

**All Grains are whole grain rich**

# April 2024

## Elementary & K-8 Lunch



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

<b>1</b> <ul style="list-style-type: none"> <li>• Chicken Parmesan w/ Spaghetti and Tomato Sauce</li> <li>• Cheese Pizza <b>V</b></li> <li>• Chicken Caesar Wrap</li> <li>• Roasted Cauliflower</li> <li>• Garden Salad</li> </ul>	<b>2</b> <ul style="list-style-type: none"> <li>• Taco Quesadilla</li> <li>• Cheese Quesadilla <b>V</b></li> <li>• Tuna Salad</li> <li>• Sandwich</li> <li>• Parmesan Green Beans</li> <li>• Mexican Black Beans</li> </ul>	<b>3</b> <ul style="list-style-type: none"> <li>• Roast Turkey w Gravy</li> <li>• Dinner Roll</li> <li>• Bean and Cheese Nachos</li> <li>• Crispy Chicken Salad</li> <li>• Mashed Potatoes</li> <li>• Mexican Corn</li> </ul>	<b>4</b> <ul style="list-style-type: none"> <li>• Spicy Chicken Sandwich</li> <li>• Fiesta Potato Breakfast Bowl <b>V</b> w/ Biscuit</li> <li>• Hummus Box <b>V</b></li> <li>• Seasoned Carrot Coins</li> <li>• Sweet Potato Fries</li> </ul>	<b>5</b> <p><b>NO SCHOOL</b></p>
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<b>8</b> <ul style="list-style-type: none"> <li>• Butter Chicken w/ Brown Rice</li> <li>• Veggie Burger <b>V</b></li> <li>• Deli Bento Box</li> <li>• Seasoned Potato Wedges</li> <li>• Garden Salad</li> <li>• Burger Toppings</li> </ul>	<b>9</b> <ul style="list-style-type: none"> <li>• Spaghetti w/ Panko Bread Crumbs and Beef Marinara</li> <li>• Garlic Knot</li> <li>• Cheese Pizza <b>V</b></li> <li>• Chef Salad w/ Hardboiled Egg</li> <li>• Sweet Potato Fries</li> <li>• Parmesan Green Beans</li> </ul>	<b>10</b> <ul style="list-style-type: none"> <li>• Chicken Pad Thai</li> <li>• Bean and Cheese Burrito</li> <li>• Chicken Caesar Salad</li> <li>• Breadstick</li> <li>• Baked Plantains</li> <li>• Roasted Broccoli and Carrots</li> <li>• Burger Toppings</li> </ul>	<b>11</b> <ul style="list-style-type: none"> <li>• Breaded Chicken Drumstick w/ Mac and Cheese</li> <li>• Pasta w/ Rainbow Marinara</li> <li>• Garlic Knot</li> <li>• Sunbutter and Jelly Sandwich <b>VE</b></li> <li>• Caesar Side Salad</li> <li>• Collard Greens</li> </ul>	<b>12</b> <ul style="list-style-type: none"> <li>• BBQ Chicken Sandwich</li> <li>• Grilled Cheese w/ Tomato Soup <b>V</b></li> <li>• Turkey and Cheese Sandwich</li> <li>• Mexican Roasted Corn</li> <li>• Broccoli and Red Peppers</li> </ul>
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<b>15</b> <p><b>NO SCHOOL</b></p>	<b>16</b> <p><b>NO SCHOOL</b></p>	<b>17</b> <p><b>NO SCHOOL</b></p>	<b>18</b> <p><b>NO SCHOOL</b></p>	<b>19</b> <p><b>NO SCHOOL</b></p>
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<b>22</b> <ul style="list-style-type: none"> <li>• Jamaican Jerk Chicken w/ Brown Rice</li> <li>• Grilled Cheese Sandwich</li> <li>• Fiesta Salad <b>V</b></li> <li>• Breadstick</li> <li>• Sweet Plantains</li> <li>• Baby Carrots</li> </ul>	<b>23</b> <ul style="list-style-type: none"> <li>• Spaghetti and Turkey Marinara</li> <li>• Bakes Penne</li> <li>• Breadstick</li> <li>• Hummus Box <b>V</b></li> <li>• Parmesan Green Beans</li> <li>• Tater Tots</li> </ul>	<b>24</b> <ul style="list-style-type: none"> <li>• Chicken Pad Thai</li> <li>• Tofu Fried Rice <b>V</b></li> <li>• Turkey and Cheese Sandwich</li> <li>• Roasted Broccoli and Carrots</li> <li>• Green Peas</li> </ul>	<b>25</b> <ul style="list-style-type: none"> <li>• Turkey Hot Dog</li> <li>• Lentil Dal</li> <li>• Brown Rice</li> <li>• Pizza Bento Box</li> <li>• Roasted Cauliflower</li> <li>• Oven Baked Fries</li> </ul>	<b>26</b> <ul style="list-style-type: none"> <li>• Beef Enchilada</li> <li>• Cheese Pizza</li> <li>• Chicken Caesar Salad</li> <li>• Breadstick</li> <li>• Caesar Side Salad</li> <li>• Mexican Black Beans</li> </ul>
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<b>29</b> <ul style="list-style-type: none"> <li>• Beef &amp; Cheese Nachos</li> <li>• Veggie Burger <b>V</b></li> <li>• Sunbutter &amp; Jelly Sandwich <b>VE</b></li> <li>• Mexican Black Beans</li> <li>• Moroccan Spiced Carrots</li> <li>• Burger Toppings</li> </ul>	<b>30</b> <ul style="list-style-type: none"> <li>• Crispy Chicken Nuggets</li> <li>• Vegan BBQ Sloppy Joe Sandwich <b>VE</b></li> <li>• Strawberry Banana Parfait <b>V</b></li> <li>• Tater Tots</li> <li>• Celery Sticks</li> </ul>	<b>May 1</b> <ul style="list-style-type: none"> <li>• Cheese-filled Breadsticks w/ Marinara Sauce <b>V</b></li> <li>• Veggie Lo Mein w/ Sweet &amp; Sour Tofu</li> <li>• Turkey &amp; Cheese Sandwich</li> <li>• Roasted Broccoli</li> <li>• Sweet Yellow Corn</li> </ul>	<b>2</b> <ul style="list-style-type: none"> <li>• Chili con Carne w/ Cheese &amp; Bread stick</li> <li>• Caprese Grilled Cheese Sandwich <b>V</b></li> <li>• Chicken Caesar Wrap</li> <li>• Green Peas</li> <li>• Crinkle Cut Fries</li> </ul>	<b>3</b> <ul style="list-style-type: none"> <li>• BBQ Chicken Sandwich</li> <li>• Broccoli &amp; Cheese Baked Potato w/ Dinner Roll <b>V</b></li> <li>• Fiesta Salad w/ Dinner Roll</li> <li>• Blue Ribbon Coleslaw</li> <li>• Roasted Broccoli</li> </ul>
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**Students choice:**  
Skim or 1% hormone free milk and salad bar w/ assorted fruits and vegetables offered at every meal

**VE – Vegan**  
**V- Vegetarian**  
**Local**

**All Grains are whole grain rich**

This institution is an equal opportunity provider. This menu is subject to change based on availability.

## Focus on Food Waste

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, costing most individuals about \$370 annually.

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 waste can help save money, improve food access and protect natural resources.

What can you do?

- Be mindful, plan your meals for the week before grocery shopping to assure you don't over buy.
- Get creative with your storage, can you freeze an item before it goes bad to avoid wasting?
- Choose frozen or canned items that have a longer shelf life. Opt for fruits and vegetables with no salt or sugar added

For more ideas visit:

[www.epa.gov/recycle/preventing-wasted-food-home](http://www.epa.gov/recycle/preventing-wasted-food-home)

## Cooking with Kids for Math 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. 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.

## Oven Roasted Broccoli (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 or olive oil
- 1/8 teaspoon black pepper (ground)
- 1 tablespoon Italian seasoning
- 2 tablespoons panko breadcrumbs
- 2 tablespoons grated Parmesan cheese

1. Preheat oven/air fryer to 450 degrees
2. Chop garlic
3. Wash basil and pat dry. Pull leaves off of stem and roughly chop
4. Chop broccoli
5. Drain tomatoes
6. Lightly coat broccoli, chopped garlic and diced tomatoes with oil, italian seasoning and pepper. Spread out on parchment lined sheet pan
7. Bake or air fry until tender, about 10 minutes
8. Sprinkle broccoli mixture with panko and bake for about 5 more minutes or until crispy
9. Carefully transfer broccoli mixture to serving pan.
10. Ganish with Parmesan cheese and basil

**Want to keep up with us and receive more nutrition tips?**

Follow us on Instagram [@sodexomagic.dcps](https://www.instagram.com/sodexomagic.dcps)

For an interactive menu and nutrient information visit us at [dcps.sodexomyway.com](https://dcps.sodexomyway.com)