

Greenwich Pre-K Menu





TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Spring Break

3

Spring Break

Spring Break



8

Chicken Parm. on a Kaiser

Cinnamon Sweet Potatoes

9

2

Chicken Fajita with Salsa and Sour Cream

Seasoned Steamed Corn

10

Breakfast for Lunch: Whole Grain Pancakes w/ turkey sausage & syrup

Seasoned Carrot Coins

11

Chicken Nuggets with Dinner Roll

Peas

12

French Bread Pizza: Cheese or Pepperoni

Mixed Vegetables

Offered Daily 4/8-4/12: Peanut Butter & Jelly Sandwich

15

Hot Diggity Dog **Baby Carrots**

16

Taco Tuesday: Beef Tacos w/ Spanish rice

Elote Corn

17

Chicken Nuggets with Dinner Roll

Potato Wedges

18

Chicken Cheesesteak

Mixed Vegetables

19

Old School Cheese or Pepperoni Pizza

Steamed Green Beans

Offered Daily 4/15-4/19: Peanut Butter & Jelly Sandwich

22

Breakfast for Lunch: Whole Grain Pancakes w/ turkey sausage & syrup

Sweet Potato Crinkle Fries

23

Taco Totchos w/ buttermilk biscuit

Tater Tots

24

Classic Grilled Cheese Sandwich with Tomato Soup

Potato Wedges

25

Chicken Nuggets with Dinner Roll

Vegetarian Baked Beans

26

Big Daddy's Pizza Slice: Cheese or Pepperoni

Mixed Vegetables

Offered Daily 4/22-4/26: Peanut Butter & Jelly Sandwich

29

Pretzel Cheeseburger

Vegetarian Baked Beans

30

Chicken Nuggets w/ dinner roll

Roasted Mexican Corn

All lunches include a variety of fresh fruit, chilled fruit cup, and choice of milk (skim or 1%) Menu Subject to Change

MAKE

Offered Daily 4/29-5/3: Peanut Butter & Jelly Sandwich

This institution is an equal opportunity provider.

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.liftoffsplayground.com

BREAKFAST

Everyday Choices: Assorted Cereal or Gluten Free Cereal

MONDAY: Assorted Poptart

TUESDAY: Assorted Muffins

WEDNESDAY: Waffles

THURSDAY: Bagel with Cream Cheese

FRIDAY: Banana Bread

Fruit/Juice and Milk offered Daily

Fresh Pick Recipe

BAKED SWEET POTATO FRIES WITH GARLIC-LEMON YOGURT DIPPING SAUCE

- 3 Sweet potatoes(cut in half/each half cut in 6 wedges/placed in cold water)
- 1 ½ T Olive oil
- Salt and pepper to taste
- 1 c Yogurt(plain/non-fat)
- 1 t Garlic (minced)
- 1 ½ T Lemon juice
- 1 T Chives(minced)
- 1 T Parsley(minced)
- 1. Prepare ingredients as directed.
- 2. Preheat oven to 425 degrees.
- 3. Drain potatoes and place on paper towel to absorb the water.
- Spray baking sheet with oil Place wedges on baking sheet.
- 5. Drizzle the potatoes with the oil and desired salt and pepper.
- Mix potatoes so they are evenly coated with the oil.
- Place in oven for 30 minutes or until the potatoes are cooked and crispy on the outside.
- In small bowl, mix yogurt, garlic, lemon juice, chives and parsley. Serve with the wedges as a dipping sauce.

Menu Subject to Change.

nutrislice

Please contact: stacie.lyman@sodexo.com with any dietary restrictions or questions about your account.

