

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.

liffsofplayground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
APR 1 1. Breakfast Pizza 2. Mini Pancakes 3. Cereal w/Cheese Stick	APR 2 1. Egg & Cheese Sandwich 2. Mini Donuts 3. Cereal w/Cheese Stick	APR 3 1. Pancake Sausage Wrap 2. French Toast Sticks w/Syrup 3. Cereal w/Cheese Stick	APR 4 1. Fruit & Yogurt Parfait w/Granola 2. Sausage Biscuit 3. Cereal w/Cheese Stick	APR 5 1. Bacon, Egg & Cheese Sandwich 2. Cinnamon Rolls 3. Cereal w/Cheese Stick
APR 8 1. Breakfast Pizza 2. Filled Crescent 3. Cereal w/Cheese Stick	APR 9 1. Chicken Biscuit 2. Fruit & Yogurt Parfait 3. Cereal w/Cheese Stick	APR 10 1. Egg & Cheese Sandwich 2. French Toast Sticks & Syrup 3. Cereal w/Cheese Stick	APR 11 1. Pancake Sausage Wrap 2. Bagel & Cream Cheese 3. Cereal w/Cheese Stick	APR 12 1. Cinnamon Rolls 2. Bacon, Egg & Cheese Sandwich 3. Cereal w/Cheese Stick
APR 15 1. Breakfast Pizza 2. Mini Pancakes 3. Cereal w/Cheese Stick	APR 16 1. Egg & Cheese Sandwich 2. Mini Donuts 3. Cereal w/Cheese Stick	APR 17 1. Pancake Sausage Wrap 2. French Toast Sticks w/Syrup 3. Cereal w/Cheese Stick	APR 18 1. Fruit & Yogurt Parfait w/Granola 2. Sausage Biscuit 3. Cereal w/Cheese Stick	APR 19 Professional Learning Day: NO SCHOOL
APR 22 1. Breakfast Pizza 2. Filled Crescent 3. Cereal w/Cheese Stick	APR 23 1. Chicken Biscuit 2. Fruit & Yogurt Parfait 3. Cereal w/Cheese Stick	APR 24 1. Egg & Cheese Sandwich 2. French Toast Sticks & Syrup 3. Cereal w/Cheese Stick	APR 25 1. Pancake Sausage Wrap 2. Bagel & Cream Cheese 3. Cereal w/Cheese Stick	APR 26 1. Cinnamon Rolls 2. Bacon, Egg & Cheese Sandwich 3. Cereal w/Cheese Stick
APR 29 1. Breakfast Pizza 2. Mini Pancakes 3. Cereal w/Cheese Stick	APR 30 1. Egg & Cheese Sandwich 2. Mini Donuts 3. Cereal w/Cheese Stick	DAILY CHOICES ALSO INCLUDE FRESH & CANNED FRUITS, A VARIETY OF LOWFAT MILK & 100% JUICE	MENU IS SUBJECT TO CHANGE	BREAKFAST AVAILABLE ONLY AT PARTICIPATING SCHOOLS

Fresh Pick Recipe

TOMATO MOZZARELLA SALAD

- 1 avocado, sliced into large chunks
- 2 large tomatoes, large dice
- 1 cup celery, 1" slices
- 1 cup fresh mozzarella, large dice
- 1/2 cup basil, torn
- 4 teaspoons extra virgin olive oil
- 1 teaspoon lemon juice
- 1 teaspoon balsamic vinegar
- salt and pepper, to taste

1. Place salad ingredients in medium bowl.
2. Mix oil, lemon juice and balsamic vinegar, salt and pepper in small bowl.
3. When ready to serve, mix the salad with the dressing using just enough to coat the salad.

SCHOOL MEAL PRICES 2018-2019

Breakfast Full Pay: \$1.30, Adults: \$2.25 Breakfast Reduced: No Cost Grades PreK-5
 Lunch Full Pay: \$2.50, Adults: \$3.55 Lunch Reduced: No Cost Grades PreK-5
 No charge for extra fruits & vegetables with the purchase of a meal.

What is a Reimbursable Meal?

Students must select at least 3 of the 5 food groups, 1 of which MUST be a fruit or vegetable.



Scan to download the So Happy app from the App Store.



Nutrition Information is available upon request.

